

Values Reflection

Instructions:

Look at the list of values below and choose **2 or 3 values** that resonate with you at the moment. From those, select **one value you want to protect** and **one value you want to reclaim**.

Acceptance	Autonomy	Dignity	Respect
Equity	Justice	Inclusion	Accessibility
Belonging	Self-determination	Empathy	Compassion
Care	Kindness	Trust	Authenticity
Presence	Humility	Reciprocity	Attunement
Balance	Rest	Patience	Gentleness
Safety	Regulation	Boundaries	Groundedness
Sustainability	Calm	Purpose	Meaning
Integrity	Courage	Advocacy	Responsibility
Accountability	Stewardship	Service	Curiosity
Openness	Reflection	Growth	Lifelong learning
Creativity	Innovation	Wonder	Flexibility
Connection	Collaboration	Co-creation	Partnership
Community	Interdependence	Mutual support	Listening
Shared leadership	Connection to nature	Respect for place	Slowness
Presence	Cycles	Interconnectedness	Care for the Earth

Mini Journaling

- The values I chose:
- The value I want to protect — why does it matter right now?
- The value I want to reclaim — what has shifted, and what support do I need?

Optional reflection:

Our values are not just ideals — they are living guides. Which one will you carry back into your work tomorrow?