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VALUES EXERCISE

Purpose: to give ourselves space and time reflect about our values in life.

Duration: 30 min

Group size: up to 30

Age: 18+

Preparation: prepare paper and pens for participants.

Process:

Frame the session, - explain to participants that they will be doing a short exercise to reflect about their values in life. First you will be doing the exercise and then debrief together. Invite participants to take paper and pen, and for 5 min to reflect about the most important values to them in their life. Ask them to reflect at first and then write down 5 most important values: from number 1 (being the most important) to 5 (being still important, but not as important as the 1st value on their list). Give participants 5 minutes to write their values. In the meanwhile, you can play gentle relaxing music for the background.

Once everyone has finished writing their values, ask participants to look at their list and reflect, if the values on the list are represented in their everyday life. You can give some examples: if you wrote that family is very important you, you can ask yourself if in your everyday life you spend as much time as you want with your family or do you perhaps keep on procrastinating calling your parents or siblings simply, because you work too much; if you wrote that personal space and time is important to you, you might want to ask yourself, if you spend every day a bit of time on your own and do what you love, or do you keep on thinking that I will do things that I love for myself another day and another day; Find your own examples, which you want to share with the group. For this part, give participants another 5 min to reflect and write down their reflections.

Once the 5 minutes are over, invite the group for a reflection space. If the group is small (5-10 people), you can do the reflection in a big circle. If the group is bigger (10 plus people), then we can invite people to reflect in trios.

You can ask some guiding questions:

- Are your values aligned and expressed in your everyday life?
- Would you like to do some small changes, if your values are not expressed in your everyday life?
- How do you feel at this moment after having done this exercise?



Co-funded by
the European Union

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