

Instructions for the Aligned Values Card Deck

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System

Welcome to the Aligned Values Card Deck!

Here's the guide to the values exercise. This activity will help you discover what is most important to you in reality, not just ideally or as a wish list.

What are Values?

Values are a person's principles or standards of behavior; one's judgment of what is important in life. Values guide each of your choices. The aim is to uncover your true core values, not the ideals, wish list items or familial, societal and cultural expectations.

How to Use Your Values Cards Part 1: Identifying Core Values

1. Prepare Your Cards

- You have a deck of values cards and three sorting cards labeled **Yes**, **No**, and **I Wish & Maybe's**.

2. Initial Sorting

- Quickly read each value card.
- Sort each card into one of the three piles:
 - **Yes:** This is a core value for me.
 - **No:** This is not a core value for me.
 - **I Wish & Maybe's:** I resonate with this value, but I am unsure if it's a core value or it's more of a wish/ideal or if it's someone else's.
- Ensure you are sorting based on what is true for you right now, not on ideals or wishes.

3. Gut Check Sorting

- Spend no more than five seconds per card.
- Go with your initial reaction—don't overthink it.
- Remember, everyone's understanding of words and definitions differs. If a word or its definition resonates with you, that's what matters, you know what the word means to you.

How to Use Your Values Cards Part 2: Refining Your Values

1. Review Your Yes Pile

- Take your **Yes** pile and review each card.
- Determine if any of these values are more of an ideal or wish rather than a core value. Move those to the **I Wish & Maybe's** pile.

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2. Combine Overlapping or Similar Values

- Look for overlapping or similar values (e.g., fun and good humor, generosity and service to others).
- Put them together as a single value that represents both.

3. Narrow Down to Top 10

- From your refined **Yes** pile, sort and select your top 10 core values.
- These should be values you see consistently in your day-to-day life.
- Then prioritize or rank them from most important to least important.
 - To do this easily, hold two values cards – compare them and choose which one is more important between the two, set down the lesser important value.
 - Holding the more important value, pick another value, again choosing which is more important between the two and setting down the lesser value.
 - Repeat this until you have only the most important value left in your hand. Set that card aside as your most important value. And repeat the process with the cards left until you have most important to lesser important in order for the 10 values.
- The goal is to uncover your values and priorities by forcing you to make difficult choices between them. It provides insight into your choices and decisions.

Aligning Values with Your Choices

- Your values guide your decisions, including financial ones. Ensure your spending aligns with your true values, not just with ideals or wishes.
- Aligning your values with your priorities and money helps you live more congruently and profitably.

Thoughts Going Forward

- This exercise is about discovering what is truly important to you.
- When you are clear on what is important to you, choices and decisions become clearer, more intentional and more in alignment with self.
- Use your values to make decisions and guide your actions moving forward.

Enjoy the process of discovering and embracing your core values!

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