

Values Module

My Companion — Seniors

Name: _____

Date: _____

This page is your companion for the activities that your facilitator is running today. Today isn't about looking back at what you've already done, it's about noticing what already matters to you, right now. Take your time with it.

1 Scenario Picking

MANDATORY

WHY THIS HELPS YOU

- You notice what you actually choose, not what you think you should choose.
- You see that people can choose differently for equally good reasons, that's not one of you being wrong, it's a different decision making criteria.
- You get a quick habit to reuse. When you're stuck on a choice later, asking “what matters to me here” can make it a bit clearer.

WHAT TO DO

Your facilitator will read out 8 quick either/or choices, one at a time. Raise your hand for whichever one you'd pick, A or B. Take your time, there's no rush.

As each one is read, circle A or B below to keep your own record, whether or not it's your hand that goes up.

At the end, answer the two quick questions underneath.

Scenario 1	☐ A	☐ B
Scenario 2	☐ A	☐ B
Scenario 3	☐ A	☐ B
Scenario 4	☐ A	☐ B
Scenario 5	☐ A	☐ B
Scenario 6	☐ A	☐ B
Scenario 7	☐ A	☐ B
Scenario 8	☐ A	☐ B

Which scenario was the easiest for you?

Which one was harder to choose?

2 Values Ranking (Auction)

OPTIONAL

WHY THIS HELPS YOU

- You find out what you'd actually spend your limited time on. Not the values that sound nicest, the ones you'd really protect.
- You practise trade-offs. Deciding what to say yes to, and what to say no to, that doesn't change with age, if anything it gets sharper.
- You see what the group ends up valuing most. Useful even when you don't get to choose everything yourself.

WHAT TO DO

Your facilitator will give everyone a set number of tokens. Going around the group, each person adds tokens to whichever values matter to them.

Use the space below to track which values you put tokens on and how the round ended up.

Value(s) I put tokens on

Our group's top 3 values

What did you notice about what you were willing to spend your tokens on?

3 Storytelling

OPTIONAL

WHY THIS HELPS YOU

- You connect a value to something you actually did, not just something you'd claim about yourself.
- You notice whether what you say matters to you matches what you actually do. That's genuinely useful to see, not a bad thing to notice.
- You collect a real story you can tell people, more memorable than just naming a value.

WHAT TO DO

Circle the value your group is telling stories about below (usually whichever one you fought hardest for in the Auction).

Think of a real example of a time you actually showed it, at any point in your life.

Fill in the sentence below, whether or not you end up sharing it out loud. Take your time.

Value we're telling stories about

☐ Authenticity	☐ Freedom	☐ Independence
☐ Belonging	☐ Loyalty	☐ Growth
☐ Curiosity	☐ Courage	☐ Responsibility
☐ Purpose		

Something I value is ____

...and it shows up when ____

4 Final Reflection

MANDATORY

WHY THIS HELPS YOU

- You turn today's noticing into one sentence you can actually use, to explain a decision, or to notice when you're drifting from it.
- You choose one small action instead of leaving it vague. Something you could finish in under fifteen minutes.
- You build the habit of checking in with what matters to you, a declaration only really does anything once someone else hears it.

WHAT TO DO

Take a few minutes to look back at everything you did today. There's no rush.

Write your declaration, action, and the person it would help to know this about you, below.

What do you think matters most to you, after today?

My Declaration: I want to remember that...

My first action this week (something under 15 minutes)

One person it would help to know this about me, maybe someone in my family

What's one thing I want to do differently because of that?
