

Transformation & Mobilization: Values Sort Activity



Activity Purpose and Description:

Often, our values are what brings us to organizing spaces. **Being aware of your values is an important part of understanding why you show up in a space, how you show up, and what will keep you showing up.**

When we know our core values, we can better identify what work feeds us, and when we are strained. Leaning onto your core values allows for more aligned decision-making processes, relationship building, and collective organizing.

Once you know your core values, be transparent with yourself, and others, in what brings you to organizing and justice-work.

Directions:

1. **Look over the listed values.** Start first by choosing 5-8 values that feel true to you. Do not worry about what is “right” or “wrong,” select what feels the best in your body, aligns with you best, who you are in this present moment. **You should not choose more than 8 and must choose at least 5.** Write these values down and save them to look back on later. (They do not need to be in any order of importance.)
2. Look over this list and choose at least 5 values that do not feel true to you. **You must choose at least 5.** Write these values down and save them to look back on later. (They do not need to be in any order of importance.)
3. **Individual Reflection:** Once you have both your values that feel true to you and your values that do not, write down any observations about your respective values.
 - a. **Internal reflection:** Explore your values within your personal context. Questions to guide your reflection could be: *Why is this value significant to me?; How does this value show up in my daily life/how do I practice this value in my daily life?; How has my relationship with [value] changed over time?; How much are each value influenced by the others?*
 - b. **External reflection:** Explore your values within the context of the various systems you exist within regularly (work, community, family, political party/economic systems, volunteer groups, organisations, etc.). Questions to guide your reflection could be: *How do the systems you currently exist within fall inside/outside your values?; Are your values in alignment within the systems you live?; How do you make space for your values within your current systems?*
4. **Partner Reflection:** Practice talking about the values most true to you and the ones that are not, and why they are significant to you. Practice nonjudgement, as each value has its context. *How can each value lend itself to the work you do?*
5. **Review and Repeat.** As needed, revisit your values, reassess, and reapply.

Your 5-8 values that feel true to you:

Your 5 values that do not feel true to you:

Internal reflection:

External reflection:

Values List:

- ❖ Acceptance: to be open to and accepting of myself, others, life etc
- ❖ Adventure: to be adventurous; to actively seek, create, or explore novel or stimulating experiences
- ❖ Assertiveness: to respectfully stand up for my rights and request what I want
- ❖ Authenticity: to be authentic, genuine, real; to be true to myself
- ❖ Beauty: to appreciate, create, nurture or cultivate beauty in myself, others, the environment etc.
- ❖ Caring: to be caring towards myself, others, the environment etc
- ❖ Challenge: to keep challenging myself to grow, learn, improve
- ❖ Compassion: to act with kindness towards those who are suffering
- ❖ Connection: to engage fully in whatever I am doing, and be fully present with others
- ❖ Contribution: to contribute, help, assist, or make a positive difference to myself or others
- ❖ Conformity: to be respectful and obedient of rules and obligations
- ❖ Cooperation: to be cooperative and collaborative with others
- ❖ Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty
- ❖ Creativity: to be creative or innovative
- ❖ Curiosity: to be curious, open-minded and interested; to explore and discover
- ❖ Encouragement: to encourage and reward behaviour that I value in myself or others
- ❖ Equality: to treat others as equal to myself, and vice-versa
- ❖ Excitement: to seek, create and engage in activities that are exciting, stimulating or thrilling
- ❖ Fairness: to be fair to myself or others
- ❖ Fitness: to maintain or improve my fitness; to look after my physical & mental health & wellbeing
- ❖ Flexibility: to adjust and adapt readily to changing circumstances
- ❖ Freedom: to live freely; to choose how I live and behave, or help others do likewise
- ❖ Friendliness: to be friendly, companionable, or agreeable towards others
- ❖ Forgiveness: to be forgiving towards myself or others
- ❖ Fun: to be fun-loving; to seek, create, and engage in fun-filled activities
- ❖ Generosity: to be generous, sharing and giving, to myself or others
- ❖ Gratitude: to be grateful for and appreciative of the positive aspects of myself, others & life
- ❖ Honesty: to be honest, truthful, and sincere with myself and others
- ❖ Humour: to see and appreciate the humorous side of life
- ❖ Humility: to be humble or modest; to let my achievements speak for themselves
- ❖ Industry: to be industrious, hard-working, dedicated
- ❖ Independence: to be self-supportive, and choose my own way of doing things
- ❖ Intimacy: to open up, reveal, and share myself (emotionally or physically) – in my close personal relationships
- ❖ Justice: to uphold justice and fairness
- ❖ Kindness: to be kind, compassionate, considerate, nurturing or caring towards myself or others
- ❖ Love: to act lovingly or affectionately towards myself or others
- ❖ Mindfulness: to be conscious of, open to, and curious about my here-and-now experience
- ❖ Order: to be orderly and organized
- ❖ Open-mindedness: to think things through, see things from other's points of view, & weigh evidence fairly.
- ❖ Patience: to wait calmly for what I want

- ❖ Persistence: to continue resolutely, despite problems or difficulties.
- ❖ Pleasure: to create and give pleasure to myself or others
- ❖ Power: to strongly influence or wield authority over others, e.g. taking charge, leading, organizing
- ❖ Reciprocity: to build relationships in which there is a fair balance of giving and taking
- ❖ Respect: to be respectful towards myself or others; to be polite, considerate and show positive regard
- ❖ Responsibility: to be responsible and accountable for my actions
- ❖ Romance: to be romantic; to display and express love or strong affection
- ❖ Safety: to secure, protect, or ensure safety of myself or others
- ❖ Self-awareness: to be aware of my own thoughts, feelings and actions
- ❖ Self-care: to look after my health and wellbeing, and get my needs met
- ❖ Self-development: to keep growing, advancing or improving in knowledge, skills, character, or life experience.
- ❖ Self-control: to act in accordance with my own ideals
- ❖ Sensuality: to create, explore and enjoy experiences that stimulate the five senses
- ❖ Sexuality: to explore or express my sexuality
- ❖ Spirituality: to connect with things bigger than myself
- ❖ Skilfulness: to continually practice and improve my skills, and apply myself fully when using them
- ❖ Supportiveness: to be supportive, helpful, encouraging, and available to myself or others
- ❖ Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable
- ❖ [Your own unlisted value]