

# Values Driven Decision Making Exercise

## "The Values Compass: Navigating Your Path to Authentic Decisions"

The Values Compass is a unique and creative tool designed to assist individuals in making values-driven decisions that align with their true selves and bring long-term fulfillment. This exercise empowers clients to explore their core values, consider the impact on their lives, and make choices that resonate deeply with who they are.

### Instructions for "The Values Compass" Exercise:

- 1. Reflect on Your Core Values:** Begin by identifying and reflecting on your core values. What principles, beliefs, and qualities do you hold dear? Consider values such as integrity, compassion, growth, authenticity, creativity, connection, or any others that resonate with you.
- 2. Define Your Decision:** Clearly articulate the decision you need to make. It could be related to your career, relationships, personal growth, or any aspect of your life where you feel the need to make a choice.
- 3. Map Your Options:** Create a visual representation of your decision-making landscape by drawing a compass on a piece of paper. Divide the compass into four quadrants, representing different options or paths you can choose.
- 4. Align with Your Values:** Assign each quadrant of the compass to one of your core values. Consider how each option aligns with your values. Does it honor and reflect who you truly are? Use different colors or symbols to represent the strength of alignment with each value.
- 5. Evaluate Long-Term Impact:** Next, consider the potential long-term impact of each option. Reflect on how each choice may affect your overall happiness, fulfillment, and growth in the future. Take into account both immediate and future consequences.
- 6. Reflect and Analyze:** Take a step back and reflect on your visual representation. Observe which options align most closely with your core values and have the greatest potential for long-term fulfillment. Consider the trade-offs, sacrifices, and compromises involved in each option.

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7. **Make an Informed Decision:** Based on your reflections, insights, and the alignment with your values, make an informed decision. Choose the option that resonates most strongly with who you are and has the potential to bring you closer to your authentic self and long-term fulfillment.

8. **Take Action:** Once you've made your decision, commit to taking action. Create an action plan with specific steps to move forward and stay aligned with your chosen path. Embrace the journey, knowing that you've made a decision rooted in your core values.

"**The Values Compass**" exercise provides a visual and reflective framework for clients to make decisions aligned with their true selves and long-term fulfillment. By considering their core values and the potential impact of each option, clients gain clarity, confidence, and a sense of authenticity in their decision-making process. Remember, the compass always points towards your true north—your values.