



Activity 2: Determining Your Values Gaps

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Observe: Complete the pyramid below with up to 10 Sorting Cards you identified in the card activity.

**Best
Describes
My Gaps**

Questions to Explore

Evaluate:

1. As you review your top missing values, what resonated most? What surprised you?

2. Are these gaps new for you or values you've been missing for a while? Explain.

3. What has been the impact for you and others? (mentally, physically, socially, spiritually, etc.)

Evaluate (continued):

4. Which Values Types were most and least represented in your pyramid? Does this make sense to you?

Respond: (Pick one value and answer the following questions.)

5. What's one action you can practice today to live this value more fully?

6. Who can you ask for help and support?