

# The Values Compass

Bring one decision. Use this sheet to notice what matters in the choice in front of you.

Illustrative example: I want more time for creative work. Before changing jobs, I will protect one hour on Thursday and notice how I use it.

1. What decision is in front of you? Describe the actual choice.

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2. What matters in this choice? Name up to three values and what each looks like in practice.

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3. Where does your current week support those values? Where does it ask you to compromise?

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4. What small action would give one value more room this week?

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# Give the move a place in your week.

Choose an action, give it a time, and leave room to adjust. You can return to this sheet after the attempt.

Name (optional)

Date

My action: what will I do?

My planned time: when and where?

My smaller fallback: what can I try if the original plan is too much?

My review date: when will I look back?

After the attempt: what happened, and what will I adjust?

Keep this for yourself. You do not need to send your answers anywhere to use this resource.