

USING MINDFULNESS TO ACCESS CORE VALUES

Card Sort Activity

Created by Zev Schuman-Olivier, MD

Adapted from Miller, et al. University of New Mexico, 2001

Using Mindfulness to Access Core Values Card Sort Activity Directions:

Our intentions and actions affect our outcomes. Our deepest intentions, habitual thought patterns and behaviors are like seeds being planted in a garden. If we plant apple seeds we can't expect to get oranges at harvest, similarly if we plant orange seeds we can't expect to get apples. Yet sometimes we are surprised that we are not experiencing happiness and joy even though we have been planting seeds of greed, anger, selfishness that cause suffering on a daily basis.

Surveying our current value landscape can help us crystallize what kinds of seeds we have been planting. Clarifying our core values can help us be more intentional in our choices of which seeds we plant. When we feel stress, confusion or are struggling for balance, core values can offer us a solid grounding foothold to stabilize our direction. We can set intentions to bring certain values more fully into our lives. Nurturing values can help us move in the direction of our aspiration, cultivating a garden that will support us to live well and be happy.

Instructions:

1. Inviting you to separate out the top three cards from the pile and lay them in front of you: Important To Me, Very Important To Me, and Not Important To Me. Sorting through the rest of the cards and separating into three piles, depending upon how important this value feels to you *right now in this present moment*. The purpose is to increase awareness of what is important to you right now, not necessarily what you think should be important to you in the future. Taking a moment to notice if any values evoke sensations in your body, noticing any pleasantness or unpleasantness, and then letting the decision come from there. Being authentic about the level of this value's importance in your life now. **NOT what you would like to be important, NOT what you think others might want you to feel is important**, but an honest discovery of what feels important right now in this very moment. Values can change over time, so just allowing yourself to acknowledge the importance of each value to you now in this present moment. If you have trouble deciding or you notice you are aspiring for a value to be more important in your life than it is, just noticing what comes up for you. Setting an intention to be kind to yourself during this process, knowing no human is perfect, knowing you are not defined by the values you hold, but rather understanding that freedom and well-being arises from how kindly you can relate to what you experience. Reminding ourselves, that if we are here today, then there is so much more that is right with us than is wrong.
2. When you've sorted through all of the cards, if there are any other values that are important to you that are not mentioned in these cards, you can use the blank cards to add them.
3. Spend time with your pile of "Important to Me and Very Important to Me" cards. Read through the different values, noticing what comes up for you starting with the body. Notice self-judgment, embarrassment, self-criticism if it arises, allowing and accepting that this is a value of importance for you right now. Noticing if you feel there were other values you wished were more important for you right now than you have been allowing them to be. It can be hard to keep many values upfront all at once. Inviting you to be easy on yourself. Just beginning to pay attention to values creates the possibility of growth and change.
4. Focusing now again on your piles of "Important to Me and Very Important to Me" cards, think about which of these important values can be grounding and supportive for you in hard times AND

might also lead you to feel, when you come to die and you look back on your life, like you had thrived, lived well and with authenticity, in a way that felt meaningful to you. Narrowing down to 3-10 of these values. If you are feeling compelled to add values from the other piles or to write down a new value, that is okay, but do so knowing that the goal of this section is to choose values that you already feel are at least somewhat important, so they can be available to be grounding for you in challenging moments and so you can cultivate them to help you live well and thrive as a person.

INTERPERSONAL MINDFULNESS WITH CORE VALUES

Introduction

The purpose of this exercise is to practice being aware and present while in relationship with another person. It will give you a chance to notice what arises in you as you are the speaker and as you are the listener, with special attention to noticing thinking, and decentering activity in the mind. Find a partner with whom you can practice speaking freely. Each of you will have a turn speaking while your partner listens without judgment, with kindness. Listen in a flexible and accepting way without offering any advice or speaking.

Guidelines for Speaking in Interpersonal Communication

- Pause
- Relax
- Open to experience
- Trust what emerges
- Listen deeply to what arises
- Speak your truth

Adapted from Kramer (2007).

1. Spend a couple of minutes with your three strongest core grounding values (**3 minutes**).
 - Spend a minute being with the three values that you chose.
 - Consider why these values feel important to me?
 - How can I cultivate these values in my daily life?
2. Now, standing up and walking around the room, come to find a person who you might not know as well, or someone you haven't spoken with today. (**2 minutes**)
3. Interpersonal Mindfulness with 1 Partner (15 minutes)
 - Speaker (3 min)
 - Listener reflection (2 min)
 - Talk together (2 min)
 - Pause (1 min)
 - Switch roles and repeat

Decide who will speak first and who will listen.

- Speaker: Share the answer why one (*or two if there is time*) of these values feels important and explain how they might work to cultivate this value in their daily life. The other partner will listen mindfully. Being fully present for the speaker, noticing judgment or urges to reply. Keeping focus on their eyes and working to really "hear" and "feel" what is being said. The listening partner's job is to listen and not to talk, being aware of thoughts that might arise, but then returning to being present for the speaker.
- The speaker will have 3 minutes to talk without interruption.
- Both partners pause.
- And then the listener can reflect back what was heard without interruption (for 2 minutes). Both pause to let this information settle, and then take 2 minutes to speak together.
- Then switch so the speaker becomes the listener and vice versa.

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(2014)

Adapted from
Miller et al. (2001)

IMPORTANT TO ME

VERY IMPORTANT TO ME

NOT IMPORTANT TO ME

ACCEPTANCE
to be accepted as I am

ACCURACY

to be accurate in my opinions and
beliefs

ACHIEVEMENT

to have important accomplishments

ADVENTURE

to have new and exciting experiences

ATTRACTIVENESS

to be physically attractive

AUTHORITY

to be in charge of and responsible for others

AUTONOMY

to be self-determined and independent

BEAUTY

to appreciate beauty around me

CARING

to take care of others

CHALLENGE

to take on difficult tasks and problems

CHANGE

to have a life full of change and variety

COMFORT

to have a pleasant and comfortable life

COMMITMENT

to make enduring, meaningful commitments

COMMUNITY

to have fellowship with others through shared attitudes, interests, and goals

COMPASSION

to feel and act on concern for others

CONCENTRATION

to keep focused and stay on task

CONTRIBUTION

to make a lasting contribution to the world

COOPERATION

to work collaboratively with others

COURAGE

to have strength in the face of pain, fear, or grief

COURTESY

to be considerate and polite towards others

CREATIVITY

to have new and original ideas

DEPENDABILITY

to be reliable and trustworthy

CURIOSITY

to desire to learn or know about new things

DUTY

to carry out my duties and obligations

ECOLOGY

to live in harmony with the environment

EMPATHETIC JOY

to find joy in the accomplishments and happiness of others

EQUANIMITY

to sustain mental stability undisturbed by the experience of emotions or difficult phenomena

EXCITEMENT

to have a life full of thrills and stimulation

FAITHFULNESS

to be loyal and true in relationships

FAME

to be known and recognized

FAITH

to believe and follow a higher power or God

FAMILY

to have a happy, loving family

FITNESS

to be physically fit and strong

FLEXIBILITY

to adjust to new circumstances easily

FORGIVENESS

to be forgiving of others

FRIENDSHIP

to have close, supportive friends

FUN

to play and have fun

GENEROSITY

to give what I have to others

GENUINENESS

to act in a manner that is true to who I am

GROWTH

to keep changing and growing

HEALTH

to be physically well and healthy

HELPFULNESS

to be helpful to others

HONESTY

to be honest and truthful

HOPE

to maintain a positive and optimistic outlook

HUMILITY

to be modest and unassuming

HUMOR

to see the humorous side of myself and the world

INDEPENDENCE

to be free from dependence on others

INDUSTRY

to work hard and well at my life tasks

INNER PEACE

to experience personal peace

INTERDEPENDENCE

to be interconnected and mutually reliant with other beings

INTIMACY

to share my innermost experiences with others

JUSTICE

to promote fair and equal treatment
for all

KNOWLEDGE

to learn and contribute valuable
knowledge

LEISURE

to take time to relax and enjoy

LOVED

to be loved by those close to me

LOVING

to give love to others

MASTERY

to be competent in my everyday
activities

MINDFULNESS

to live conscious and mindful of the
present moment

MODERATION

to avoid excesses and find a middle
ground

MONOGAMY

to have one close, loving relationship

NON-CONFORMITY

to question and challenge authority
and norms

NURTURANCE

to take care of and nurture others

OPENNESS

to be open to new experiences,
ideas and options

ORDER

to have a life that is well-ordered
and organized

PASSION

to have deep feelings about ideas,
activities or people

PATIENCE

to face challenging situations with
acceptance and nonresistance

PLEASURE

to feel good

POPULARITY

to be well-liked by many people

POWER

to have control over others

PURPOSE

to have meaning and direction in my life

RATIONALITY

to be guided by reason and logic

REALISM

to see and act realistically and practically

RESPONSIBILITY

to make and carry out responsible decisions

RISK

to take risks and chances

ROMANCE

to have intense, exciting love in my life

SACRIFICE

to give up something important for the sake of another cause

SAFETY

to be safe and secure

SELF-ACCEPTANCE

to accept myself as I am

SELF-COMPASSION

to extend compassion to myself when suffering

SELF-CONTROL

to be disciplined in my own actions

SELF-ESTEEM

to feel good about myself

SELF-KNOWLEDGE

to have a deep and honest understanding of myself

SERVICE

to be in service of others

SEXUALITY

to have an active and satisfying sex life

SIMPLICITY

to live life simply, with minimal needs

SOLITUDE

to have time and space where I can be apart from others

SPIRITUALITY

to grow and mature spiritually

STABILITY

to have a life that stays fairly consistent

STRONG DETERMINATION

to follow through on goals without giving up

TOLERANCE

to accept and respect those who differ from me

TRADITION

to follow respected patterns of the past

VIRTUE

to live a morally pure and excellent
life

WEALTH

to have plenty of money

WISDOM

to judiciously apply knowledge and
insight

WORLD PEACE

to work to promote peace in the
world

<p>VIRTUE</p> <p>to live a morally pure and excellent life</p>	<p>WEALTH</p> <p>to have plenty of money</p>
<p>WISDOM</p> <p>to judiciously apply knowledge and insight</p>	<p>WORLD PEACE</p> <p>to work to promote peace in the world</p>