

Values: What Matters Most?

Session Plan and Facilitator Script Saturday 27 June 2026

Before participants arrive Set up:

- Printed values slips or A4 cut into pieces
- Pens/markers
- Speaking tokens
- Slides ready
- Survey link or paper surveys
- Booking raffle materials
- Parking lot visible somewhere in the room

10:00am — Welcome and norms Script

- Good morning everyone, and welcome to Bacchus Marsh Philosophy Club.
- Today's topic is Values: What Matters Most?
- Before we begin, let's quickly remind ourselves of the way we try to do things here.
- We are here to explore the question, not to win the argument.
- We listen respectfully to understand each other's views and opinions.
- One speaker at a time; we allow everyone to participate.
- Phones are silent, except in emergencies.
- And we'll try to stay on topic. If something interesting comes up that doesn't quite belong in today's discussion, we can put it in the parking lot and come back to it another time.
- Today's session is a bit more reflective than some of our others. You won't be asked to defend a public position straight away. A lot of the work today will be private thinking, ranking, revising, and noticing.

10:05am — Framing the topic Slide 2: Values: What Matters Most? Script

- Today we are thinking about values.
- For today, a value is something we treat as mattering.
- It might show up in what we choose, avoid, protect, admire, resent, make time for, or sacrifice for.
- So we're not only talking about values as things we say we believe in. We're also interested in the way values show up in life.
- For example, if I say I value health, but I never sleep, never move my body, and live entirely on sausage rolls and spite, then there might be a gap between my stated values and my lived values.
- We're going to avoid, at least for now, the more abstract question of what someone is doing when they make a value claim.
- For example, if someone says, "Value X is supreme," they might mean:
 - a) everyone ought to make sandwiches
 - b) I think it is good to make sandwiches
 - c) God says you should or must make sandwiches
 - d) Science tells us that making sandwiches is optimal
- Those all point toward different meta-ethical positions.
- That is interesting. But it's not really what we're doing today.
- Today is not mainly about proving what values are, metaphysically. It is more about noticing what matters to us, asking why it matters, and seeing whether our lives line up with it.

10:10am — Key questions for today Slide 3: Key questions Script

The key questions for today are:

- What really matters to me?
- Why does it matter?
- Under what circumstances does it matter?
- Is this how I live my life?
- Is this how I want to continue to live my life?
- And finally: if this is how I want to live my life, what follows from that?
- Are there behaviours or habits I want to continue?
- Are there others I want to adopt?
- Are there some I might need to cease?

That's the journey we're on today: values, life, action.

10:10am–11:00am — I. Preflection: Your values Slide 4: Preflection — YOUR values Monk conditions Script

- For the first activity, we're going to use what I'm calling Monk conditions.
- Each person gets one token.
- During this first values-ranking activity, you can use that token to share one and only one statement about your thinking.
- This is not a punishment. It is a way of protecting the quiet thinking space. It stops the room from filling too quickly with other people's words.
- You can still ask me practical questions if you're confused about the instructions. The token is for sharing your own thinking with the group.

Activity 1: First ranking — three values Instructions / Script

- Write down the names of three values you think are possibly the most important to you.
- Use big letters. One value per piece of paper.
- Then choose your current number one value and write a short justification for why it is ranked first.

Activity 2: Expansion — six more values Instructions / Script

- Now we're going to expand the field.
- Write down six more values that matter to you.
- Once you have them, add them to your first three and re-rank the whole set.
- You may discover that your original number one stays where it is.
- You may discover that it gets knocked off its throne by something you forgot to include.
- Either is fine.
- Again, write a short note. You can justify a choice, defend it, question it, or explain why something moved.

Activity 3: Gallery Walk Instructions/ Script

- Now we'll do a silent gallery walk.
- Leave your values ranking visible.
- Move around the room quietly and look at what others have chosen.
- Notice similarities. Notice surprises. Notice things you forgot. Notice things you disagree with.
- No need to comment yet. Just observe.

Activity 4: Add, revise, and final quiet re-rank Instructions / Script

- Come back to your own ranking now.
- You can add values.
- You can remove values.
- You can reword values.
- You can move things up or down.
- Do a final quiet re-rank for now.
- This is not your eternal ranking for the rest of your life. It is just your working ranking for today.

Activity 5: Short discussion Instructions / Script

- We'll have a short discussion now.
- Remember, under Monk conditions, each person has one contribution.
- You might share something you noticed, something that surprised you, something that was difficult, or something that changed as you went.
- The question is:
- What did you notice during the values-ranking exercise?

11:00am–11:15am — Tea break, booking raffle, next session Script

- Let's pause there for tea.
- During the break, we'll also do the booking raffle and I'll briefly mention the next session.
- When we come back, we'll shift from values in the abstract to values in relation to how we actually spend our time.

11:15am–11:40am — II. Under what circumstances do these values matter? Slide 5: Values and activities Script

- We've now done some thinking about which values matter to us.
- The next question is: under what circumstances do these values matter?
- And more concretely: how do they relate to the things we actually do?
- Because values are not just labels. They show up in time, attention, choices, habits, sacrifices, and patterns of life.

Activity 6: Activities and values mapping Instructions / Script

- First, write down the top five to ten activities that actually take up your time.
- Not ideal activities. Actual activities.
- Then try to arrange those activities and your values so that they relate to each other in some clear way.
- Some activities might express a value.
- Some might conflict with a value.
- Some might support a value indirectly.
- Some might be neutral.
- Once you've mapped them, write a short elevator pitch explaining the relationship.
- The guiding question is:
- How do my values actually relate to my activities?

11:40am–12:05pm — Partner explanation and report back Slide 6: Partner reporting

Activity 7: Swap explanations Instructions / Script

- Now you'll swap explanations with the person next to you.
- Your job is to listen carefully enough that you could explain one part of their thinking back to the group.
- But this matters: before you report anything back, ask your partner:
- "What one thing are you happy for me to tell the group?"
- Values can be personal. We are not here to expose each other. We are here to understand each other.

Activity 8: Group report Questions / Script

- Let's report back.
- When it's your turn, tell us only the thing your partner has given you permission to share.
- After that, I may ask the person represented:
- Did your partner get you right?
- Then we'll also think about this:
- Has the discussion so far led you to rethink any values, actions, or the relation between them?

12:05pm–12:30pm — III. Evaluation / Revaluation Script

- Now we're moving into evaluation and revaluation.
- That means we are going to revisit the values we began with and ask whether they still look right after this process.
- Choose a working top five for today. Not a final cosmic answer. Just a working top five.
- Then ask:
 - **Is this consistent with how I actually live my life?**
- And:
 - **When two of my top values conflict, which one usually wins in my actual life?**
- That second question matters.
 - It is easy to say we value many things. But life often forces values into conflict.
 - I may value honesty and kindness.
 - I may value freedom and security.
 - I may value family and ambition.
 - I may value comfort and growth.
 - The question is: when they clash, what actually wins?

Activity 9: Written revaluation Script

Now write privately.

In order for your values to be more consistent with your actions, what would you need to:

- Keep doing?
- Stop doing?
- Start doing?

And bear in mind: thinking and speaking are also kinds of action.

So this is not just about obvious external behaviour.

Sometimes continuing, stopping, or starting might involve the way we think, speak, judge, avoid, excuse, explain, or pay attention.

12:30pm–12:50pm — IV. Reflection Slide 8: Reflection Script

- Let's bring this back together.
- You can answer any of these questions:
- Has your thinking about values changed at all?
- Did anything surprise you?
- Does thinking about values matter? Why or why not?
- What is one thing you might keep doing, stop doing, or start doing?
- No one has to share anything too personal. You can speak generally if you prefer.
- The aim is not confession. The aim is reflection.

12:50pm–1:00pm — Survey and close Script

Before we finish, I'd really appreciate it if you could complete the short survey.

It helps me improve these sessions and it helps the club keep developing.

Thank you for the thinking you've done today. This was not an easy topic, because values are not just ideas floating around in the air. They are tied up with how we live, what we protect, what we avoid, and who we are trying to become.

If there's time after the survey, we can have a general chat.

If time — General chat

Prompt options

What did today make you think about?

Was anything missing from the activity?

Would this exercise be useful outside Philosophy Club?

What would make this easier or harder to do honestly?

Final facilitator note

The emotional centre of this session is:

Do my actions show that I value what I say I value?

Keep bringing the room gently back to that.