*Chapter 4: Mastering Time Management*

**The Values Compass**

**Activity Overview**

Discover your "True North" by identifying your core values and aligning them with actionable goals or behaviors. This activity empowers you to stay focused on what truly matters by creating a visual representation of your guiding principles—a "Values Compass." Each cardinal direction will represent a core value, along with specific actions to keep you on course.

**How It Works**

1. **Identify Core Values**: Choose four key values that resonate with you (e.g., family, health, creativity, growth).
2. **Align Actions with Values**: For each value, brainstorm actionable steps or goals that reflect your commitment to that value.
3. **Create Your Compass**: Fill out the compass worksheet with your values and corresponding actions.
4. **Reflect and Revise**: Use the compass as a guide in decision-making and revisit it regularly to ensure you’re aligned with your values.

**Worksheet: The Values Compass**

**Step 1: Core Values**

*Write down four values that are most important to you.*
Example: “Family, Health, Creativity, Growth.”

**Step 2: Align Actions**

*For each value, write down specific actions or goals that reflect your commitment to it.*
Example:

* **Family**: “Have weekly family dinners, call parents every Sunday.”
* **Health**: “Exercise 3 times a week, drink more water.”
* **Creativity**: “Dedicate 1 hour a week to painting, explore new artistic techniques.”
* **Growth**: “Read 1 book per month, take an online course.”

**Step 3: The Compass Template**

*Use the compass diagram below to map out your values and actions.*

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| --- | --- | --- |
| Direction | Core Value | Actionable Step |
| North | Family | Weekly family dinners, call parents every Sunday. |
| East | Health | Exercise 3 times a week, hydrate regularly. |
| South | Creativity |

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| 1 hour weekly for painting, explore new artistic methods. |

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| West | Growth | Read 1 book/month, take an online course. |

**Step 4: Visual Representation**

*Draw your compass or use a printed template.*

* Write each value in one of the four cardinal directions (North, East, South, West).
* Under each value, write the corresponding actions or goals. Decorate your compass with colors or symbols that inspire you.

**Reflection Questions**

1. How well are your daily actions aligning with your values?
2. Which value feels most supported by your current habits, and which needs more attention?
3. How can you adjust your schedule or priorities to stay on course?

**Optional Challenge**

Create a digital version of your Values Compass using tools like Canva or PowerPoint and set it as your desktop wallpaper or phone background. This keeps your core values visible and top of mind throughout your day.

**Celebrate Progress**

Revisit your Values Compass monthly or quarterly. Update actions or goals as needed and reflect on how aligning with your values has improved your decision-making and fulfillment. Remember, this compass is your personal guide to living a life that truly matters!