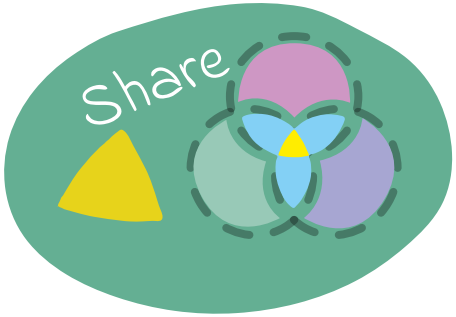


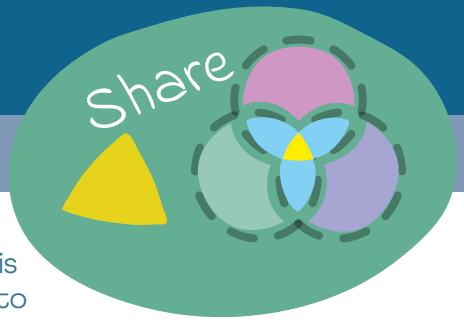
Values & Intentions

Reflect on and share what is important to you!

ARTS IN MORAY

Values & Intentions

Reflect, Explore, Understand & Share



The centre of the framework relates to your values and the reason why you want to do the work you are creating. This section is about reflecting on your personal values and how this impacts the work you want to do. You could also use it to consider what you value most when working with others or to generate collective values with your collaborators; you can adapt the activities to make them useful to your situation.

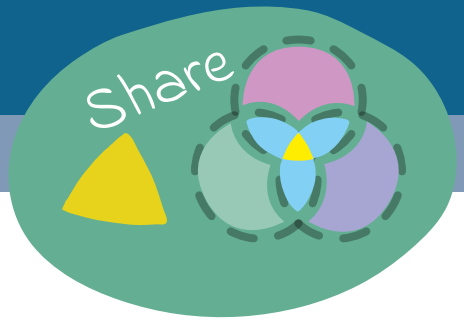
Activities

1. Explore your values - Reflect on your personal or collective values and place these at the centre of your approach framework.

2. State your Intention - Make an intention statement for your project or initiative which places your values at the centre.

1. Explore your values

Instruction Sheet



You will need:

- **The 'Explore your values' canvas & 'Explore your values' note sheet**
- **A pen or pencil**
- **Sticky notes are useful if working in a group**
- **Some quiet space to reflect and up to 60 mins of time**

60 mins

Step 1:
Gather the things you need and find a quiet space where you won't be disturbed.

Step 2:
Take 5-10 mins to write down the ten things in your life that you value the most, one in each space at the bottom of the canvas (or use sticky notes if you have them). Write these in the form of a value. For example, if you are thinking of a person you value in your life, you could write "friendship," "family", or "honesty" - something you value in the relationship with that person rather than the person themselves. (There are some example values to help if you need them.)

Step 3:
When you have your ten values, spread them out in front of you if they are on sticky notes or stick up your canvas so you can see them clearly and have a good overview.

Step 4:
You now have 1 min to pick the three least important values to you and throw them away or cross them out. Set a timer and time yourself. Be strict with the timings and don't give yourself more time even if needed. Use your gut feelings!

Step 5:
Repeat the last step; now give yourself 30 seconds to throw away two more. Don't worry if this feels difficult. The time pressure helps you to be guided by your intuition; don't overthink it.

Step 6:
And finally, repeat the last step, giving yourself 30 seconds to throw away two more. You should now be left with three values. Now, add these three values to the centre of your approach framework.

Step 7:
Take 15 minutes to reflect on the questions below individually; then, if you are in a group or with another person, take a further 30 minutes to discuss them together and share your thoughts.

- What do I feel about the values I ended up with?
- Were they expected or did they surprise me?
- How do these values show themselves in my everyday life?
- What actions do I already take to live by them?
- How do they relate to my project or initiative?

Top Tip!
Come back to this activity from time to time and see what changes for you.

ARTS IN MORAY

1. Explore your values

Canvas

Name.....

Date.....

1. Explore your values

Note sheet

Name.....

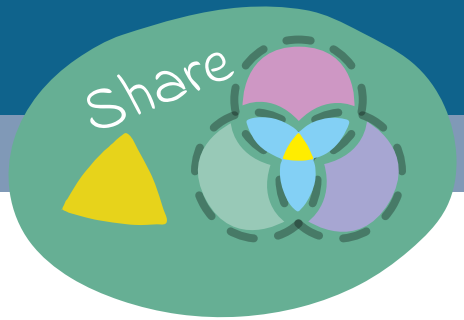
Wisdom	Challenge	Compassion	Teamwork	Respect	Gratitude	Harmony	Impact	Trust
Adaptability	Care	Courage	Excellence	Forgiveness	Goodwill	Punctuality	Intuition	Learning
Adventure	Commitment	Discipline	Efficiency	Friendship	Hard work	Idealism	Innovation	Love
Authenticity	Collaboration	Democracy	Empathy	Fun	Honesty	Imagination	harmony	Loyalty
Balance	Community	Discovery	Fairness	Freedom	Humour	Independence	Justice	Openness
Beauty	Competence	Equality	Faith	Generosity	Hope	Integrity	Joy	Patience

- What do I feel about the values I ended up with?
- Were they expected or did they surprise me?
- How do these values show themselves in my everyday life?
- What actions do I already take to live by them?

- How do they relate to my project/initiative?

2. State your intention

Instruction Sheet



You will need:

- **Some paper or the 'Intention statement' canvas**
- **Some scrap paper or the 'Intention statement notes sheet'**
- **A pen or pencil**
- **Some quiet space to reflect and up to 30 mins of time**

30 mins

Step 1:
Gather the things you need and find a quiet space where you won't be disturbed.

Step 2:
Look at the values you have selected and write them at the top of your piece of paper or on the top of the canvas.

Step 3:
Read your values, then take a couple of mins to reflect. Close your eyes if needed and ask yourself, 'what is it that I really want to do?'

Step 4:
On your scrap paper or the 'Intention statement notes sheet', jot down the first thing which comes to mind. Don't worry if it doesn't make sense yet; this is just for you, and you can polish it up later; this is just about getting a starting point. Be honest and write what comes to mind.

Step 5:
Repeat step 3, and this time, ask yourself the question - 'Who do I want to do it for or with?' Repeat step 4 by jotting down what comes to mind.

Step 6:
Again, repeat step 3, and this time, ask yourself the question - 'What is it that I want to achieve?' repeat step 4 and jot down what occurs to you.

Step 7:
Step away for 5 mins, go and make a cup of tea, then come back and read what you have written with fresh eyes. Does anything need to change?

Step 8:
Now try condensing your notes into three sentences using the prompts, I/we want to...with/for...in order to....
If you are working in a group, this may take more time. Try working individually first, each putting forward a suggested sentence, then discussing together to decide.

Step 9:
When you are happy with your statement, write it out on your intention statement canvas or a sheet of paper. Also, don't forget to add it to your approach framework on page 5. Stick your intention statement up so you can see it while you work on your project. Keep checking in with yourself. Is it still true? Does it still inspire you? or do you need to change it?

Top Tip!
You might want to come back to this activity after the 'Make' section. Does anything need to change?

ARTS IN MORAY

2. Intention Statement

Note sheet

Name.....

Top 3 values

1 _____ 2 _____ 3 _____

- What is it that I really want to do?

- Who do I want to do it with or for?

- What is it that I want to achieve?

I/we want to .....

With/for.....

In order to.....

2. Intention Statement

Canvas

Name.....

My top 3 values are.....

1 _____ 2 _____ 3 _____

My intention for this project/initiative is to....

_____

_____

_____

_____

Date.....