**Flourishing in the Garden**

**Values Assessment**

Welcome to Flourishing in the Garden Week Three. This week we're focusing on the sacral chakra which is related to the fire element. We are focusing on the planning aspects and creating, and on the intrapersonal side of things. We're going to look at a value and needs assessment. We've provided a template for participants to work with.

*Facilitator Challenge:* Explore your own values **before** facilitating this work! For yourself, check out the worksheet that we've provided, look at the different values and think about how you connect to your own values and how those show up in your life.

You might facilitate this by having a conversation about values. Before even handing out the worksheet, maybe you **ask the question**: “*what are some values that you all have*?”

Asking about values is a big question. Some of the common ones that might come up are family or friends or being able to prioritize space for connection like that. It might be safety, it could be play, it could be there's so many different values that we all have and experience.

One point that we want to really support here is that in a world of diversity, with different kinds of people coming from different places and backgrounds, a values-based approach is a means for connection. We might have differences on the outside, on the inside, in what we do, how we move through our days. But when we can connect to our values, we give a foundation which we can connect to others through.

This approach can help to soften tension. By turning inward and using this values-based approach, we can connect with our group and provide space for them to connect with each other.

While teaching this, emphasize that our values might change. We might go through different periods in our lives and things shift and change. This is a great time to reevaluate our values, especially in times of transition. As we change, some values may come and go. We're evolving as humans, so encourage participants to check back in with this worksheet and to continue to work with their values and grow their values as they see fit.

Values definitions

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| FRIENDS | a favored companion |
| RESPECT | An act of giving particular attention; consideration (thoughtful regard, sympathetic regard, understanding the needs of others) |
| JOY | State of happiness |
| PURPOSE | Aim of oneself for an intent/goal, to set before the mind (an action, discussion, etc) |
| LOVE | Warm attachment, devotion or admiration |
| CLARITY | the state of having a full, detailed, and orderly mental grasp of something; the quality of being clear |
| PLAY | to deal in a light, speculative, or sportive manner |
| SAFETY | the condition of being safe from undergoing or causing hurt, injury, or loss |
| COMMUNITY | Unified body of individuals: such as   1. the people with common interests living in a particular area 2. persons or nations having a common history or common social, economic, and political interests |
| GROWTH | Development, maturing |
| FAMILY | the basic unit in society traditionally consisting of two parents rearing their children, those in which we have relations to |
| ACCEPTANCE | State of being accepted, approval, included |
| POWER | Influence over others; physical might; mental or moral efficacy; political control or influence |
| CREATIVITY | Quality of being creative (to produce through imaginative skill) |
| TRUST | Assured reliance on the character, ability, strength, or truth of someone or something; to place confidence in, or rely on the truthfulness of |
| AUTHENTICITY | True to one's own personality, spirit, or character |
| UNDERSTANDING | A mental grasp, Tolerance, Sympathy (the act or capacity of entering into or sharing the feelings or interests of another) |
| RESPONSIBILITY | Moral, legal, or mental accountability |
| LEARNING | to gain knowledge or understanding of or skill in by study, instruction, or experience |
| CELEBRATION | to observe a notable occasion with festivities |
| COMPASSION | Sympathetic consciousness of others' distress together with a desire to alleviate it |
| REST | Sleep, repose, peace of mind/spirit, freedom from activity or labor |
| PEACE | a state of tranquility or quiet; freedom from disquieting or oppressive thoughts or emotions |
| BEAUTY | a particularly graceful, ornamental, or excellent quality; qualities in a person or thing that gives pleasures to the senses (mind and spirit) |
| HARMONY | Pleasing arrangement of parts; tranquility |
| SUPPORT | Assist, help; to keep from fainting, yielding, or losing courage |
| HEALTH | The condition of being sound in body, mind, or spirit |
| TEAMWORK | Work done by a group acting together so that each member does a part that contributes to the efficiency of the whole |

Source: mirriam-webster.com/dictionary