S LA
A SOFT LANDING SPACE



WORKBOOK · VALUES, WANTS & NEEDS · WEEK 1

What Do I Value, Really?

Finding your own compass

A workbook for noticing what matters to you, separating your own values from borrowed ones, and drafting a few to carry this month. It's a first draft, not a final answer. Go at your own pace.

INSIDE

- From goal to value
- The clues your life leaves
- Borrowed or chosen?
- Your values compass

UNDERSTAND · SUPPORT · CONNECT · BUILD

Welcome to November.

In October we learned to protect our capacity. This month asks what we want to spend it on. We start with values: the directions that matter to you, whether or not anyone else shares them.

UNDERSTAND	What values are, and what they aren't
SUPPORT	Sorting your values from borrowed ones
CONNECT	The clues your life already leaves
BUILD	A first draft of your values

LOW ON ENERGY TODAY?
Try just three things: your clues on page 4, the word list on page 5, and your compass on page 10.

"Your values don't have to look like anyone else's."

UNDERSTAND

From goal to value.

A goal is somewhere you can arrive. A value is the direction you keep walking. Write a few goals, then ask "why does this matter to me?" until you reach the value underneath.

A GOAL I HAVE	WHY IT MATTERS TO ME	THE VALUE UNDERNEATH
Finish my art course	*I feel most like me when I'm making things*	*Creativity*

Did any goals lead to the same value? Which one keeps showing up?

CONNECT

My values clues.

Your life already leaves clues about what matters to you. Write what comes to mind, then guess the value behind it. Guesses are fine.

What makes me angry

unfairness, being talked over, waste, cruelty…

The value this might point to:

Where time disappears

special interests, hobbies, conversations…

The value this might point to:

Who I admire, and why

real people, characters, people from history…

The value this might point to:

What I'd protect

time, people, places, routines, beliefs…

The value this might point to:

UNDERSTAND

Words that fit.

Tick the words that make you lean in. Don't overthink it. Then add any that are missing; the best ones often aren't on a list.

- [ ] Acceptance
- [ ] Adventure
- [ ] Authenticity
- [ ] Autonomy
- [ ] Balance
- [ ] Beauty
- [ ] Belonging
- [ ] Calm
- [ ] Care
- [ ] Community
- [ ] Compassion
- [ ] Connection
- [ ] Contribution
- [ ] Courage
- [ ] Creativity
- [ ] Curiosity
- [ ] Fairness
- [ ] Faith
- [ ] Family
- [ ] Freedom
- [ ] Fun
- [ ] Growth
- [ ] Health
- [ ] Honesty
- [ ] Humor
- [ ] Independence
- [ ] Integrity
- [ ] Justice
- [ ] Kindness
- [ ] Learning
- [ ] Loyalty
- [ ] Mastery
- [ ] Nature
- [ ] Order
- [ ] Play
- [ ] Rest
- [ ] Safety
- [ ] Simplicity
- [ ] Spirituality
- [ ] Truth

My own words

Which three words made me lean in the most? Why?

SUPPORT

Borrowed or chosen?

Run each value through three questions: Whose voice is this? Does it light me up or weigh me down? Would I choose it if no one was watching? Then decide whether to keep it or set it down.

Value	Whose voice is it?	Lights me up	Weighs me down	Keep	Set down
		○	○	○	○
		○	○	○	○
		○	○	○	○
		○	○	○	○
		○	○	○	○
		○	○	○	○
		○	○	○	○
		○	○	○	○
		○	○	○	○

Which value surprised me? Was it one I kept, or one I'm ready to set down?

SUPPORT

The value under the "should."

A borrowed rule sometimes has a real value hiding inside it, one you can live your own way. Write your "shoulds," then look for what you actually care about underneath.

THE "SHOULD"	THE VALUE UNDERNEATH
"I should be more productive."	*"I value contributing, in ways that fit my energy."*
"I should be more social."	*"I value connection, maybe with one person, deeply."*

If there's no value underneath, the "should" might just be noise.

● BUILD

Narrowing down.

Start wide, then narrow. Copy your favorite words into the top row. Choose five that matter most. Then choose three to carry this month. You can always change them.

THE WIDE LIST — UP TO 10

MY TOP FIVE — 5

MY THREE FOR NOW — 3

What made the final three stand out?

Was anything hard to leave out? It's okay to keep it close.

● BUILD

Living it on any day.

Values aren't only for good days. For each of your three, write what living it could look like when you're running low, and when you have more to give.

For example: Connection. Low-spoon day: send one emoji to a friend. Good day: call them, or plan a quiet visit.

VALUE 1	ON A LOW-SPOON DAY	ON A GOOD DAY

VALUE 2	ON A LOW-SPOON DAY	ON A GOOD DAY

VALUE 3	ON A LOW-SPOON DAY	ON A GOOD DAY

Which of these could I do this week?

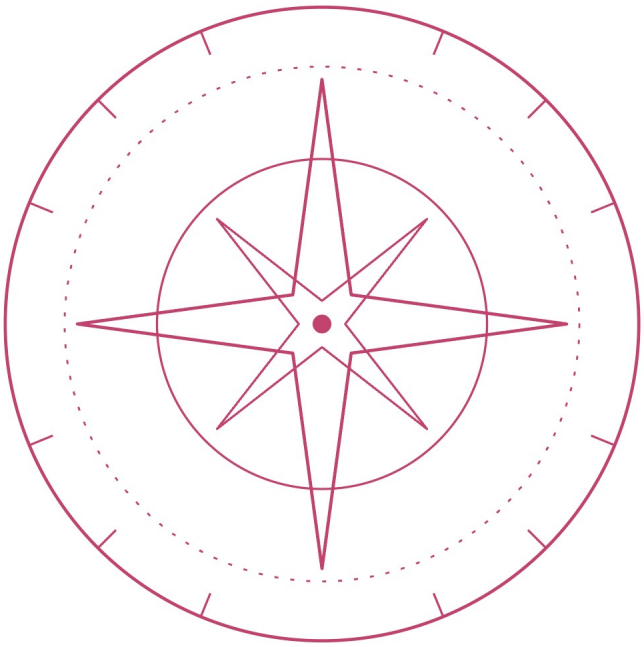
● BUILD

My values compass.

Write your most important value at North and three more at the other points. When a decision feels too big, check it against your compass: does this move me toward any of these?

NORTH

WEST



EAST

SOUTH

A decision coming up that I could check against my compass:

● BUILD

This week's practice.

Three small moves toward a first draft of your values.

Notice the clues
Once a day, jot one thing that made you angry, lit you up, or made time disappear.

Sort and test
Use the Values Clarification Guide to run your words through the three questions.

Choose three, for now
Pick three values to carry this month. You can change them any time.

End of the week: which clue surprised me most?

One small moment this week when I lived one of my values:

Before you go.

A direction, not a destination
Goals get finished. Values keep guiding you.

Borrowed isn't yours
You can set down values that were handed to you.

Clues are everywhere
Anger, admiration and deep interests all point somewhere.

Any-day values
Every value has a low-spoon version.

One thing I want to remember from this week:

Come as you are. Learn at your pace.
You belong here.

If you're in crisis or thinking about ending your life, please reach out now. In the US, call or text 988 (Suicide & Crisis Lifeline). Outside the US, contact your local emergency or crisis line.

Values work draws on Acceptance and Commitment Therapy (ACT). Source: Pahnke, J. et al. (2023), "Acceptance and commitment therapy for autistic adults: A randomized controlled pilot study in a psychiatric outpatient setting," *Autism*.