



GUIDELINE

STEP 1: Identify your values

1. Take the pile of cards.
2. Consider what values are important to you in (first of all) your *Sport practice*. Sort your cards into 3 piles in front of you: (1) “Most Important to me”; (2) “Somewhat important to me”; (3) “Least important to me”. You will notice there are some blank cards. If you can think of any values that are important to you that are not named on the cards, you can write your own value card(s) to sort. Do not take too long deliberating – go with your first instinct. You can always move the cards around once you have placed them all. Some questions that might help you in this card sort are:

When you are “best Self” in sport practice, what characteristics do you bring?

What do you want to take pride in at sport practice?

Which of these values give you satisfaction and meaning when you have connected with them in sport practice?

3. When you are happy with how your cards are arranged, you might like to take a photo for future reference.
4. Then, take another look at your “Most Important to me” pile. Pick your TOP 3 cards that feel are most important to you in sport practice right now. Write these values on your worksheet, under the “Sport Practice” heading.





5. Repeat the steps 1-4 considering what values are most, somewhat, and least important to you currently, in these other 2 areas: *Sport competition* (What characteristics do you want to bring to your competing? – these might be similar to your Sport Practice values, or different – either is fine); *Education* (What characteristics do you want to bring to your classes and studies?).

STEP 2: Identify your values

1. Consider what your values “look like” when you move towards them. What do you notice yourself doing? For example, if learning is most important to you in sport practice, maybe this looks like this: asking your coach questions; listening to instructions and feedback; writing learning points in a training diary. Write down the actions you associate with each of your top values you chose in Step 1, on the worksheet. Be as detailed as you can. To help, try asking yourself: When I live according to this value...

What do I do more of?

What do I do less of?

How do I treat myself?

How do I treat others?

STEP 3: Identify your values

1. How much do you think you are currently acting according to your values? For example, if *learning* is your value, and *asking my coach questions* is one of your associated actions: How





consistently do you execute this action? Score each value out of 10 (10 = I consistently act in line according to this value; 1 = I am very inconsistent in acting according to this value).

STEP 4: Take action

1. What actions can you take now (or in the coming days or weeks) to move even closer your values? For example, if *learning* is your value, maybe you will start asking for feedback more consistently from coaches and team-mates. Write ONE action you want to commit to taking, for each of your top 3 values.





SPORT PRACTICE VALUES

TOP VALUE 1: _____

LOOKS LIKE: What actions help you move towards this value?

Current score:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

VALUE ACTION: What can you do to move closer to this value?

TOP VALUE 2: _____

LOOKS LIKE: What actions help you move towards this value?

Current score:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

VALUE ACTION: What can you do to move closer to this value?

TOP VALUE 3: _____

LOOKS LIKE: What actions help you move towards this value?

Current score:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

VALUE ACTION: What can you do to move closer to this value?





SPORT COMPETITION VALUES

TOP VALUE 1: _____

LOOKS LIKE: What actions help you move towards this value?

Current score:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

VALUE ACTION: What can you do to move closer to this value?

TOP VALUE 2: _____

LOOKS LIKE: What actions help you move towards this value?

Current score:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

VALUE ACTION: What can you do to move closer to this value?

TOP VALUE 3: _____

LOOKS LIKE: What actions help you move towards this value?

Current score:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

VALUE ACTION: What can you do to move closer to this value?





EDUCATION VALUES

TOP VALUE 1: _____

LOOKS LIKE: What actions help you move towards this value?

Current score:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

VALUE ACTION: What can you do to move closer to this value?

TOP VALUE 2: _____

LOOKS LIKE: What actions help you move towards this value?

Current score:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

VALUE ACTION: What can you do to move closer to this value?

TOP VALUE 3: _____

LOOKS LIKE: What actions help you move towards this value?

Current score:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

VALUE ACTION: What can you do to move closer to this value?

