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Peer Group Chat Summary

Date: 25.01.2024

Topic: Our Values Compass

Description: Values can act as an inner compass to help us navigate situations and drive us in certain directions. Let's come together to explore what our own values are, and how they might guide us in our lives.

Summary of discussion:

- What our values are and how they can guide our actions
 - Some of the values that are important to us include honesty, respect, inclusion, trust and safety.
 - Some people in our lives that might be able to provide this insight could be the ones closest to us (like our partners, friends, and family) and they might be able to see us in a different light than we see ourselves.
- The benefits of being more aware and intentional with our values
 - Some of the benefits of being more aware and intentional with our values might include being more aware of how we live our lives more especially when it gets challenging, it gives us a centre to focus on and follow, and it helps us to follow our values so that others can also see by example.
- What the impact might be if we aren't in alignment with our values
 - Our values might guide our actions by giving us something to focus on when times get challenging so that we are able to make a decision that we will feel better about in the long term, they might allow us to stay on track when we don't know what to do, and it allows us the flexibility to choose what will be the most valuable for us and who we want to be.
 - If we aren't in alignment with our values we might do things we will later regret, or do things that might not sit right with us after a while, we could feel unfulfilled and more.
 - We might be able to put our values into action more by listening to our instincts, by integrating them into our routines and schedules, and by having reminders of what our values are so that we are able to focus on them more. For our next question

Discussion questions

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Q1: What values do you think might be important to you?

Q2: It can be incredibly valuable to have the perspectives of others who know us well and may be better able to see and highlight our values when we aren't as aware ourselves. Who in your life might be able to provide this insight? How do you imagine they might describe your values?

Q3: What do you think the benefits could be in being more aware of and intentional with awareness of your values?

Q4: How might our values guide our actions?

Q5: What might the impact or consequence be if our actions are not in alignment with our values?

Q6: How might we be able to put our values into action? What might this look like?

Q7: What are some ways that you could consciously use your own values more as a guide in everyday life?

Resources

These are the resources that were shared during the session:

1 Why Values Matter TED Talk: https://www.youtube.com/watch?v=_a1Fc6nwpk8

2 Focusing on Your Values (perhaps instead of concrete goals) for next year
<https://www.mindtools.com/a5eygum/what-are-your-values>

3 Core Values: Your Inner Compass: <https://www.youtube.com/watch?v=mL4l75rMliQ>

Continue the discussion over on the SANE Forums by following this link!

<https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Our-Values-Compass-Thursdays-25th-January-2024-7/m-p/1395443#M362455>



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Any ideas for topics?

We are always looking to improve and make the sessions as valuable as possible. If you have suggestions for group topics, please add them to the suggestion box on this page: [Peer Group Chat \(sane.org\)](#)

If you would like to provide feedback on the groups, please email feedback@sane.org.