

☰ R · Resonant

Values Archaeology

Resonant · Chapter Four. Work out whether the change is actually yours.

Real values come from lived experience rather than from lists of impressive words. A change aimed at somebody else's approval will not survive your worst week, because on your worst week nobody is checking. Dig for the ones that are yours.

1 · Values Archaeology

☰ Deep dive

Three moments when you felt most alive, most yourself, most aligned, and the value each one honoured.

Peak moment 1, and the value it honoured:

Peak moment 2, and the value it honoured:

Peak moment 3, and the value it honoured:

The pattern: what connects these moments?

2 · Borrowed vs Real

Whose values are you actually living?

Things I pursue because I genuinely want them:

Things I pursue because others expect them:

What would I stop pursuing if nobody was watching?

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3 • Values Sort

🎯 Core

Narrow to your essential five: the ones you'd protect even at personal cost.

1. _____
2. _____
3. _____
4. _____
5. _____

4 • Resonance Test

Check your current goal against your values. Below 7 is a signal to reconsider the goal, not to push harder.

The change I am currently pursuing:

Which of my values does it serve?

Which might it conflict with?

If I achieve this change, will I feel more like myself, or less?

How much does this change genuinely resonate? _____ / 10