

NAME: Values Blueprint

SOURCE:

- James Hill OTR/L 2017

INTENTION: This is a good activity to help a group or individual client explore what they want to “make space for” in their life. It is a playful and engaging way to remove barriers to thinking creatively about values.

MATERIALS:

1. Values Blueprint Handout
2. Writing / Drawing Materials
3. Whiteboard for group discussion.

SCRIPT: (Written instructions for Group Leader)

Provide handout to clients

You have just won the opportunity to build the house of your dreams. You are going to have some time (set a specific time frame – 15-30 minutes) ***to think about what kind of house you want to build. I want you to imagine that at the end of that time you are going to meet with an architect to discuss what is important to you about a home. For example, do you want space to paint, a big kitchen to host parties, a swimming pool, or zen garden? Price is no barrier so feel free to think big. The one rule is you have to live in this house for the rest of your life. You can't build a mansion, sell it, and buy a small cabin so you can keep the money. You can build your house anywhere in the world and include any feature you would like.***

The handout can help you think about the kinds of things you might want to make space for. For example, if you have kids or plan to have kids you might want to build a playroom. If you like working on cars you might want a special garage.

ALTERNATIVE:

Some people / groups respond with enthusiasm to drawing a blue print or an image of their dream home. This can often provide a deeper, more reflective experience of sitting with their values and considering their options over an extended period of time.

In some cases the time required for this is not available, but in other cases it can be a committed action, value directed experience for a person.

DISCUSSION: Possible questions or topics to address

I typically use a table to sort people's responses:

What do you want to build?	Why (what is the underlying value or purpose for building that)?
Big Kitchen	<ul style="list-style-type: none">• Family• I love to cook (Leisure)• I like to cook healthy food (Wellbeing)

- You can explore questions like: Looking at the values you want to make room for in your life and thinking about the past month are you making space in your life for these things? If not, what else is taking up this space?
- If something like worry or self-criticism is what is taking up the space, why did you not choose to create a room for this in your house?
- What actions could help you create more space for the things you value?
- We often wait for ideal conditions (our dream house, dream family, dream job) to help us live the life we most want to live. Even with your limited resources how could you make space for the things you value.
- Building a life, like building a home requires more than planning. It usually requires a variety of actions. It is typically something that we build over time and something that is never finished. Sometimes we do big projects. Other times we just rearrange the furniture to make things feel more the way we want them. What little actions might you take to make your life a little homier? Are there some bigger projects that would really make a difference if you made them a priority?
- What is holding you back from renovating these spaces in your life?

Values Blueprint

Imagine that you have won the home of your dreams. You can build it in anyway, for any purpose, in any location. Money is no object.

However, you will need to live in this house for the rest of your life. You cannot create an expensive mansion to sell so you can live in a little cabin and keep the money.

Your task is to put together some initial ideas for a conversation with the architect. You need to think about what activities and relationships you want to create space for. Below you will find several categories to help you get started with some ideas. Feel free to use these categories or create your own.

If you are visual, you can create a blueprint sketch of your home. If you are more verbal you can create a list of features that would be important to you.

Place (city, woods, lake, mountains, farm...)?

People (intimate partner, children, friends, family...)?

Productivity (work, education, study, personal development...)?

Play (music, sports, art, reading, entertaining, hobbies, cooking...)?

Wellbeing (gym, yoga / meditation studio, peaceful garden space...)?