



## Activity 2: Identify My Values Gaps

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**Observe:** Complete the pyramid below with up to 10 Sorting Cards you identified in the card activity.

**Best  
Describes  
My Gaps**

### Questions to Explore

**Evaluate:**

1. As you review your top missing values, what resonated most? What surprised you?

2. Are these gaps new for you or values you've been missing for a while? Explain.

3. What has been the impact for you and others? (mentally, physically, socially, spiritually, etc.)

**Evaluate (continued):**

4. Which Values Types were most and least represented in your pyramid? Does this make sense to you? Explain.

**Respond: (Pick one value and answer the following questions.)**

5. What's one action you can practice today to live this value more fully?

6. Who can you ask for help and support?