

Five
from
Fifty

CURIOS

Catalysts

Caitlin McDonald



FIVE

from fifty



This exercise is from Margaret Lobenstine's 'The Renaissance Soul', 2013, p 69-72.

In the card deck provided you'll have fifty abstract concepts, all of which can be held as important values. In fact, I'd be willing to bet you're likely to say that most or even all of these concepts are integral to your personal values system! And that's precisely what makes this activity so challenging--and so clarifying. I'm asking you to read the list of fifty values and choose the five that are most important to you *right now*.

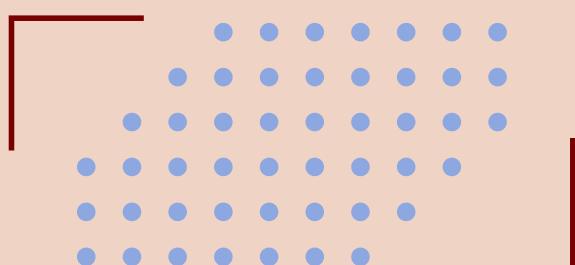
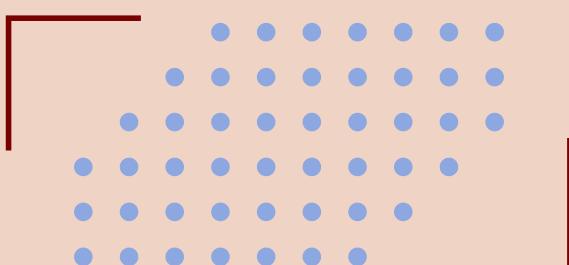
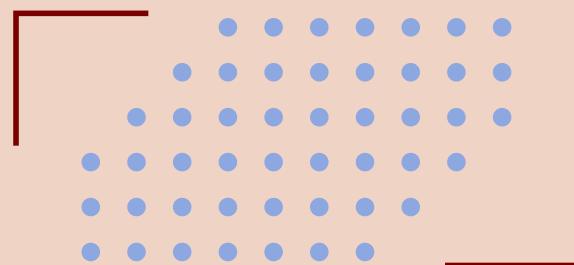
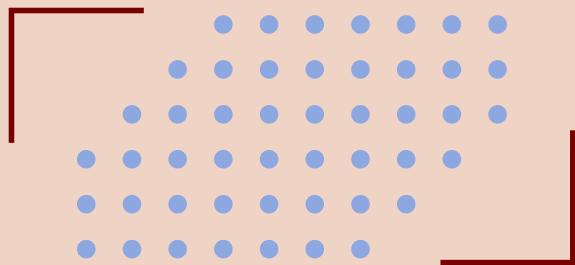
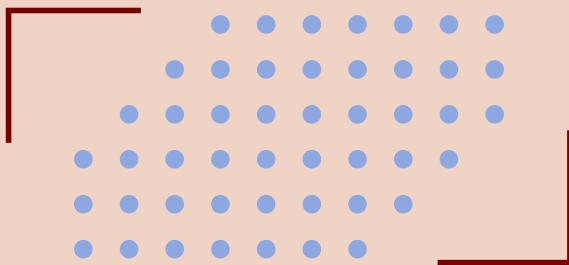
You don't need to assign an order to the five values you choose. But chances are you'll have to think very hard to narrow down your list. Will it be creativity, for example, that makes the cut, or community? Since most of us are not asked to examine our values very often, you may find that you need an evening or even a few days to mull over your choices. It's perfectly fine to take as much time as you need.

Don't worry about whether you have the "correct" understanding of each term; use whatever definition makes the most sense to you. You may find that two or more of the terms are very close in meaning. That's an intentional element of the exercise, one that will force you to think sharply about which one matters more to you. I've added a few blank cards for you to add values you feel are important which aren't in the deck yet.

FIVE

from fifty

Choose the five values most important to you *at this moment*.





CELEBRATE

your
newfound
clarity

It's so easy for Renaissance Souls to say "I want to do X because it's interesting and I want to do Y because it's satisfying..." and so on.

Taking time to evaluate your values is a rigorous challenge that helps you feel more confident about the precision with which you have defined your "want to's".

Well done!



CURIOS

Catalysts



Curious catalysts accelerate the process of identifying where we want to go and how to get there.

These are shaped through my coaching work with clients and by powerful insights from leading lights in the field which I've found useful in my own self-development.

Want more? Reach out to me at the website below.

curiosity and empathy for a world in flux

caitlinmcdonald.com

