



***Spiritual Geography* Card Sort Instructions**

STEP ONE: SORT

Sort the cards into 3 categories: More Important, Important, and Less Important. Many find it helpful to lay all the values out on a table so that you can see each card. There are no “right” or “wrong” answers. Your definition of what is religious or spiritual may be different than someone else’s AND your definition of the word on the card may be different than what is written on the card. Use your own understanding and definition. This is a way of getting to your own personal understanding at this moment in time. What you do with that self-discovery is up to you.

STEP TWO: PRIORITIZE

Pick your top 5 Most Important values and your bottom 5 Least Important values. Keep the whole array out and visible since the others values still have bearing on your self-discovery. The priority of values can change over your life, so just because a value doesn’t appear in your “top 5” doesn’t mean it isn’t important to you. This value may not have as much importance at this point in time. If you have difficulty narrowing to 5, you can group values you feel are related so that there are no more than 5 groups.

STEP THREE: REFLECT

5 Most Important Values:

- How do you feel about your top 5 Most Important values?
 - Were you surprised by your top 5? In what way?
- Are your Top 5 values “lived” or “aspirational”?
- How do your top 5 Most Important values show up in your life?
- Are there values you feel *should* be in your top 5? Which values are they and where does that “should” belief come from?

5 Least Important Values:

- How do you feel about your bottom 5 Least Important values?
- How do your bottom 5 Least Important values show up in your interactions with others?

Overall:

- Looking at the whole array, which values have changed position over your lifetime? What changed such that you value something now more or less than you did previously?
- What is the role of community in your spiritual and religious values?
- What is the role of family in your spiritual and religious values?
- How do you feel about your values? Are there some components of your value system that you feel others should learn from your understanding?

Comments, suggestions? Contact me at joni@spiritualgeography.net

