
Adult Resilience Curriculum (ARC) for Health Professionals — Module 3: Values

Preparation

People (1 team, or 1 practice partner):

Organize into your teams , if you are completing ARC as a team or with your school

OR

Get comfortable wherever you are (home, classroom, etc.)

Review:

Reflect on content from the previous module

- If you are completing modules in order, the previous module was on **Context & Culture**
- Review Mod 2 [discussion questions](#) with yourself, your team, or your Practice Partner to guide the review.

Materials (9 items):

[Access](#) the following resources:

- Module 3 Slides, OR
- Module 3 Video
- Module 3 Activities
 - My Values Journey
 - Bullseye
 - Retirement Party
 - Life Values Inventory
 - True North
- ARC-Digital-Wellbeing Action Planning-Every Module
- Module 3 Resources Folder

Prepare:

Put aside distractions temporarily and set an intention to yourself by answering the question, “Why are you participating in the module?”

Module 3: Values

Knowledge:

- If you are completing Module 3 as a team with a trainer:
 - Attend to the training experience as delivered by your trainer
- If you are completing as a team, with your Practice Partner, or on your own:
 - Watch the Module 3 Video (put in time stamp)

Immediate Application:

Select **at least 1** of the values activities to help introduce yourself to the concept or return to the practice if you are already familiar.

NOTE: If you are completing Module 3 as a team led by a trainer, your trainer may have already selected an activity for you to complete.

Action Planning:

Complete the individual action plan by setting goals for one or more of the following:

- Continued reflection upon and identification of core values (what really matters to you)
- Pursuit of values-consistent actions
- Regular progress monitoring of values-consistent behavior

Tip: The action planning worksheet is simple and yet backed by research because it helps us be aware of honest with our biggest barriers. The more specific the barrier, the more success.



Post-session






Ongoing Practice & Experience:

Implement your action plan with your team or Practice Partner

Reflection:

As you implement your action plan, connect **at least once** with your Practice Partner to discuss the benefits you are experiencing or not experiencing, and any barriers and solutions to those barriers for maintaining the practice

Activity Guide

Module 3: Values	Activity	Key Points	Estimated Time to Complete	Tips for Delivery
	 <p>True North</p>	<p>Focus on 1 relevant value (acknowledge that others might drop off), determine how well-aligned to that value you are, figure out the skills you need and barriers removed to get back to that value</p>	<p>In 1-on-1 format, around 5 minutes. For group, 10 to allow for sharing</p>	
	 <p>Bullseye</p>	<p>Focus on 4 values domains, determine how in sync your behaviors are in each domain, and identify specific barriers that are preventing your actions from reflecting those behaviors</p>	<p>In group format, more like 15-20 to really allow for reflection.</p>	
	 <p>Life Values Inventory</p>	<p>In-depth exploration of several potential values in several values in life beyond professional well-being, shifting from one value domain to other based on context</p>	<p>About 20 minutes</p>	<p>More appropriate to be completed in one-on-one format</p>
	 <p>Individual Values Journey</p>	<p>Reflect upon activities that engaged in at least 6 common value domains, which were favorites, and future activities to stay engaged in those value domains.</p>	<p>About 20 minutes</p>	<p>More appropriate to be completed in one-on-one format</p>
	 <p>Retirement Party</p>	<p>Explore our actions in alignment with values based on social perception, contrast desirable life path with current life path, identify which actions are needed to bring those into sync</p>	<p>10-15 minutes to allow for sharing</p>	