

Values & Decision Comparison

Define values and compare a real decision. Values can compete or change with context; the matrix does not produce a correct answer. You may skip questions that do not fit or discuss them with your coach.

1. Name the decision, realistic options and deadline. Which facts and obligations matter?

2. Define up to five values

Value	My meaning	Recent example

Table continued · exercise 2

Value	My meaning	Recent example

3. What circumstances make acting on these values harder? Describe conditions rather than labeling people.

4. Choose a working priority order for your values here. Where are trade-offs possible and limits important?

5. Compare options using your values

Option	Value fit	Tension/cost	Evidence	Missing information

6. How aligned do current choices feel with these values in this situation?

1. Little alignment → As aligned as I want

1

2

3

4

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7. Which option or small test seems workable? What might change your mind, and when will you review?