

xSELERatED



Adapted from Tool #2: Core Values & Energy Assessments, Chapter 5 of [The Hope-Centered Educator](#), with reflection questions informed by Kathleen Smith's writing on the relationship paradox and Bowen theory in ["Where Is All Your Energy Going?"](#)

Purpose: To help educators identify their top core values, honestly assess where their energy is currently going, and notice the gap (if one exists between the two) including how much energy is spent managing others' emotions versus investing in their own values and goals. This activity pairs naturally with September's Inner Compass Mapping, extending the practice from noticing energy sources and drains into a more structured, values-aligned audit.

Time: 30–45 minutes

Materials Needed:

- ✓ Paper or the Energy Bank template below
- ✓ Pen
- ✓ A quiet space and about half an hour of uninterrupted time

Part 1: Name Your Core Values (10 minutes)

Before rating anything, get clear on what actually matters to you. If you've already done values work in a previous chapter or activity, revisit those. If not, start here.

Write down five core values, the beliefs and priorities you try to operate from. For each one, write a brief example of how you've lived it recently.

Example:

- Value: Connection
 - *Example: I called my sister on her hard day instead of texting.*

- Value: Growth
 - *Example: I signed up for a workshop outside my comfort zone.*



Part 2: The Energy Assessment (10–15 minutes)

On a scale of 1 to 10 (1 being lowest, 10 being highest), rate the positive energy you feel you are currently devoting to each of the following areas of your life.

Try to answer honestly, based on how things actually feel right now, not how you wish they felt or think they should feel:

Area	Energy Rating (1–10)
Self	
Family	
Friends	
Colleagues	
Physical Health	
Mental Health	
Spiritual Life	
Financial Wellbeing	
Overall Balance	

Part 3: Relationship-Focus vs. Self-Focus Check (5–10 minutes)

For each relationship area you rated above (Family, Friends, Colleagues), ask yourself honestly: how much of the energy I'm spending here is genuine connection, and how much is anxious management?

Circle any of these relationship areas where you notice a significant amount of this kind of energy. It's not about eliminating care for others; it's about noticing where care has quietly turned into management:

Consider these patterns:

- Wondering whether someone likes or is annoyed with you
- Trying to guess what someone needs before they've told you
- Working to prevent someone else's discomfort or distress
- Seeking approval, agreement, or reassurance from others
- Trying to get someone else to behave differently

➤ Relationship-focus: *They probably think I sounded unprepared in that meeting.*

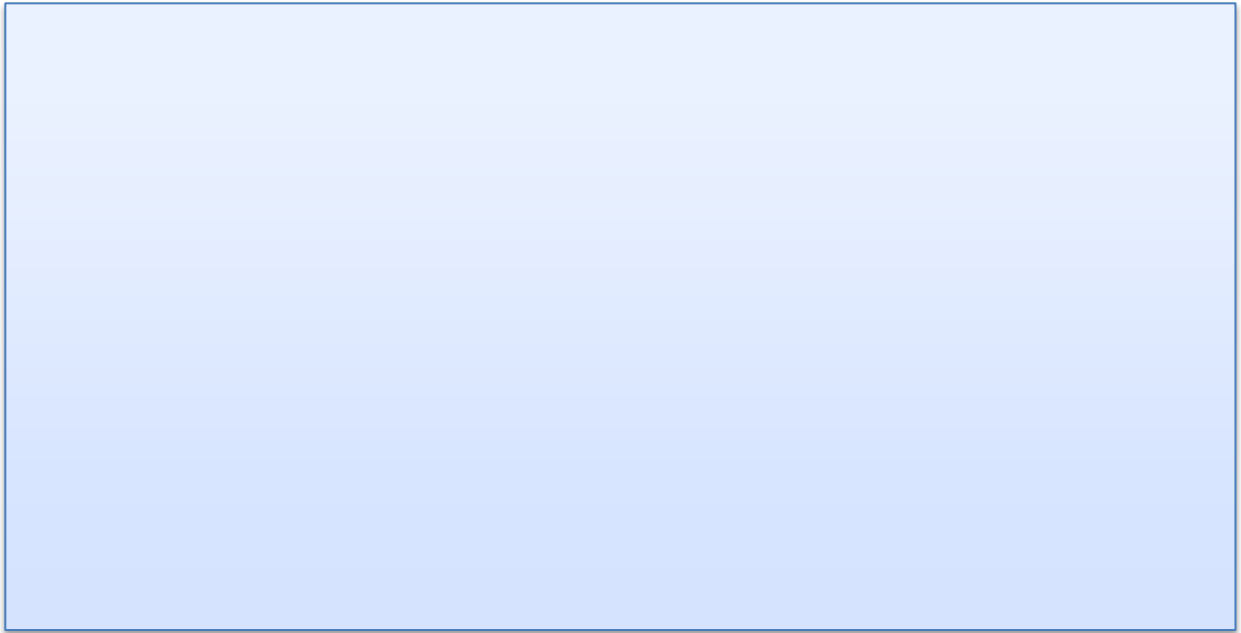
➤ Self-focus: *How well was I able to say what I meant to say?*



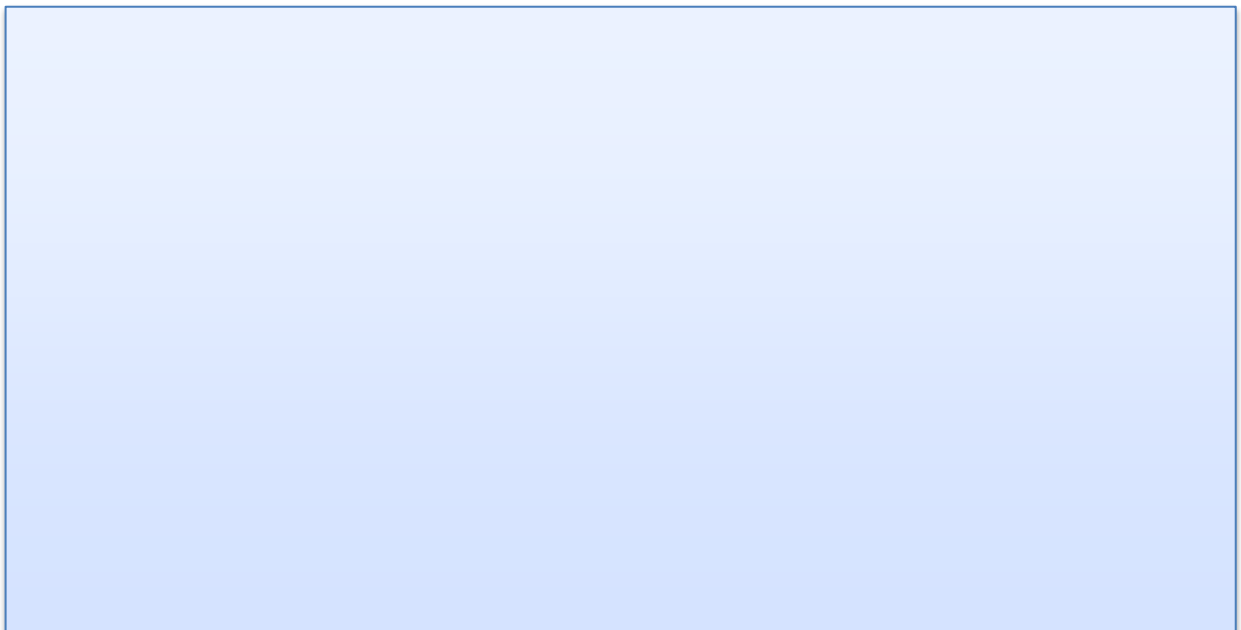
Write your own example below:

Try reframing one relationship-focused thought from your week into a self-focused one:

Relationship-focus:



Self-focus:



Part 4: Reflection Questions (10–15 minutes)

Sit with your ratings, your core values, and your relationship-focus notes side by side, and respond to the following:

- ✓ Does your perception of the positive energy you're devoting to each area match the actual time you spend there?
- ✓ Is your happiness in each area in alignment with the time and energy you're investing?
- ✓ If you laid your core values on top of this chart, how much of your energy is actually going toward living them?
- ✓ You are often described as the average of the people you spend the most time with. Are you pleased with that thought? Do the people around you support you in living your values?
- ✓ Where did you notice relationship-focus energy pulling you away from your own clarity or goals this week?
- ✓ Recall a week when your days aligned closely with your core values. How did it feel? What made it possible?
- ✓ Recall a week when your days pulled against your core values. How did it feel? What made that happen, and how might you have fewer weeks like it?
- ✓ What is one small shift you could make, either to your calendar or to how much energy you spend managing others, that would bring you closer into alignment with what you value most?



Part 5: One Small Commitment

Write one sentence: *This week, I will move a little more energy toward...*

Post it somewhere visible. A mirror, a planner, a note on your desk.

Extension for Teams or PLCs

This activity works beautifully as a shared practice, especially paired with September's Whole-Staff Energy Mapping Wall.

1. Give staff 20 minutes to complete Parts 1, 2, and 3 individually and privately. These numbers and reflections are personal and don't need to be shared.
2. In small groups or pairs, invite people to share one insight from Part 4, not the numbers themselves, but what they noticed. For example: *"I realized a lot of my energy at work goes toward wondering if people are upset with me, and that surprised me."*
3. Close by inviting each person to share their Part 5 commitment aloud, or to write it on a sticky note for a shared board.

Note: Some people will find real emotion in this activity, especially around the gap between their values and their actual energy spend, or around how much energy they've been giving to managing other people's feelings. Remember to give space for that. This isn't about fixing everyone's calendar or relationships in one sitting. It's about building the habit of noticing, so that alignment becomes a practice rather than a once-a-year resolution.

Reflection Prompts for the Following Week:

- *Where did I notice my energy flowing toward my values this week?*
- *Where did it pull away?*
- *Where did I catch myself in relationship-focus instead of self-focus, and what happened when I shifted it?*
- *What's one thing I want to protect going into next week?*

Pair this with September's Weekly Reflection Prompts as an ongoing rhythm of self-understanding and energy alignment.