



CCARE | The Center for Compassion and Altruism Research and Education
COMPASSION COURSE | Cultivate a Compassionate Heart
IN-CLASS JOURNALING EXERCISE | WEEK 4

WRITING PROMPTS

Review list of values

<https://ccare.stanford.edu/wp-content/uploads/2024/01/Personal-Values-List.pdf>

- Write down 3 that are important to you today.
- If a value that is important to you is not listed, add it to your journal

Pick one value to focus on...

- Why is this value important to you?
- When have you been able to express this value already in your life?
- If you were to live your life even more fully according to this value, what would your life look like?
- How would that make you feel?