



## PIVOT Values Ladder Sheet

You will need four copies of this page. If you are able to expand just this page to A3 on a photocopier it will give you more space. See the instructions for this laddering exercise in the Professional and Personal Values in Practice activity guide stages 3–7. Begin by writing the two labels of your chosen construct in the bottom box. Select the label that you value most and follow the instructions to undertake the reflective ladder dialogue.

<p>Space for further reflections/explanations if needed ...</p> <p style="text-align: right;">... and the opposite?</p>
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**5** If you want to, you can take the process through further stages.

<p>This value is important to me because ...</p> <p style="text-align: right;">... and what is its opposite?</p>
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**4** And, again, can you say why this value is important to you?

<p>This value is important to me because ...</p> <p style="text-align: right;">... and what is its opposite?</p>
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**3** Can you reflect upon this more and say why this is an important value to you?

<p>This label of the construct is important to me because ...</p> <p style="text-align: right;">... and what is its opposite?</p>
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**2** Please explain - why is this important to you?

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**1** Most valued

Least valued