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Summer Core Values Garage Sale

A Comprehensive Guide to Mindful Living and Intentional Reset

In the heat of the season, cool off by taking some time for deep reflection around your personal and professional core values this summer. This activity will help you reflect on your habits, commitments, and routines through the lens of your core values, and decide

what to keep, adjust, or release. This is a practice of self-compassion and growth to declutter your mindset, reconnect with purpose, and start the new season with intention!

Pre-Activity Preparation (10 minutes)

Materials Needed:

- Large wall space or table
- Sticky notes in 5 different colors (or index cards with colored markers)
- Fine-tip markers or pens
- Timer
- Journal or notebook

Step 1: Deep Core Values Discovery (15 minutes)

Initial Reflection (5 minutes)

Start with these foundational questions:

- What values do you want to lead with this summer?
- What matters most to you right now?
- When you feel most aligned and energized, what values are you living?

Expanded Values Exploration (10 minutes)

Consider these additional prompts to deepen your understanding:

Personal Values Reflection:

- What values did you inherit from your family that still serve you?
- What values have you developed through your own experiences?
- Which values feel most urgent or important in this season of your life?

Professional Values Reflection:

- What values do you want to embody in your work?
- How do you want to show up in professional relationships?
- What kind of impact do you want to make through your work?

Sample Core Values Menu: Joy, Growth, Connection, Simplicity, Wellness, Authenticity, Creativity, Adventure, Peace, Service, Excellence, Balance, Courage, Compassion, Freedom, Gratitude, Integrity, Learning, Love, Mindfulness, Purpose, Resilience, Wisdom, Innovation, Community, Sustainability, Curiosity, Generosity, Patience, Presence

Values Prioritization Exercise:

1. Circle or write down 8-10 values that resonate most deeply
2. Narrow to your top 5 by asking: "Which of these would I never want to compromise?"
3. Select your top 3 core values for this summer season

Step 2: Host Your Personal Core Values Garage Sale (25 minutes)

Set up five distinct stations using your colored sticky notes or labeled areas. Spend 5 minutes at each station, then take time to organize and reflect.

Station Setup:

Create clear visual boundaries for each area using different colored sticky notes or sections of your space.

Station	Description	Prompts	Examples	Action Steps
Not for Sale	Non-negotiables. What aligns deeply with your values and is working beautifully?	<ul style="list-style-type: none">• What habits make you feel most like yourself?• Which relationships energize and support you?• What work projects or responsibilities bring you joy?• What routines help you feel grounded and centered?• Which mindsets or beliefs serve you well?	<ul style="list-style-type: none">• Morning meditation practice• Weekly calls with best friend• Creative projects that spark joy• Healthy sleep schedule• Team collaboration at work• Gratitude journaling	<ul style="list-style-type: none">• Keep and celebrate!

Repair Shop	Worth saving but needs an upgrade. What habits, systems, or relationships need realignment with your values?	<ul style="list-style-type: none"> • What's working but could work better with small adjustments? • Which relationships need more attention or boundary-setting? • What habits have good intentions but poor execution? • Which systems or routines feel stale and need refreshing? • What beliefs need updating or reframing? 	<ul style="list-style-type: none"> • Exercise routine that's become boring • Work-life boundaries that have gotten fuzzy • Communication patterns with family members • Meal planning system that's inconsistent • Professional development goals that need refinement 	<ul style="list-style-type: none"> • Adjust timing or frequency • Add accountability or support • Modify approach or method • Set clearer boundaries • Upgrade tools or resources
Donation Pile	Still good—but maybe better for someone else. What can you delegate, share, or let go of with love?	<ul style="list-style-type: none"> • What responsibilities could someone else handle better? • Which commitments were right for past-you but not current-you? • What skills or knowledge could you share with others? • Which possessions, activities, or obligations could benefit others more? • What leadership roles or volunteer positions 	<ul style="list-style-type: none"> • Volunteer positions that need new perspectives • Household tasks that could be delegated • Professional responsibilities that could develop others • Social commitments that don't align with current priorities • Teaching or mentoring opportunities that could be passed on 	<ul style="list-style-type: none"> • Identify the right person or organization • Create a transition plan • Communicate with gratitude and care • Provide necessary support during handover • Celebrate the positive impact this will have

		might be ready for fresh energy?		
Trash Bin	Misaligned and unnecessary. What no longer serves you or your values? Say goodbye with gratitude.	<ul style="list-style-type: none"> • What habits drain your energy without adding value? • Which commitments do you dread or resent? • What mindsets or beliefs limit your growth? • Which activities feel like obligations rather than choices? • What routines have outlived their usefulness? 	<ul style="list-style-type: none"> • Endless social media scrolling • Perfectionist tendencies that create paralysis • Saying yes to every request • Complaining or gossip habits • Outdated professional practices • Relationships that consistently drain energy 	<ul style="list-style-type: none"> • Write a gratitude note for how this served you in the past • Create a symbolic release ceremony • Share your decision with a trusted friend for accountability • Replace the discarded item with something aligned with your values
Toxic Waste	Deeply harmful or energy-draining. What needs special attention and a plan for safe removal?	<ul style="list-style-type: none"> • What situations consistently trigger stress or anxiety? • Which relationships are consistently harmful or manipulative? • What work environments or situations compromise your well-being? 	<ul style="list-style-type: none"> • Toxic relationships or environments • Addictive behaviors or substances • Abusive relationships of any kind • Severe negative self-talk or self-sabotage • Financial situations that create chronic stress 	<ul style="list-style-type: none"> • Identify what support you need (professional, personal, spiritual) • Create a step-by-step plan with realistic timelines • Build safety nets and support systems • Consider professional help (therapy,

		<ul style="list-style-type: none"> • Which thought patterns or behaviors are self-destructive? • What systemic issues need professional support to address? 	<ul style="list-style-type: none"> • Mental health challenges that need professional support 	counseling, legal advice) <ul style="list-style-type: none"> • Develop coping strategies for the transition period • Plan for ongoing maintenance and prevention
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Step 3: Deep Reflection & Reframing (20 minutes)

Individual Reflection Questions

Spend time journaling or reflecting on these questions:

Alignment Assessment:

- How do your current commitments align with your core values?
- What patterns do you notice across your five stations?
- Where do you feel most out of alignment, and why?

Transition Contemplation:

- What are you walking away from? How do you feel about this?
- What are you walking toward? What excites you most?
- What fears or resistance are you noticing about these changes?

Vision Creation:

- What does living by your values look and feel like this summer?
- How will you know when you're successfully living your values?
- What would your most values-aligned day look like?

Discussion Options

If doing this with others, consider discussing:

- What surprised you most about your garage sale?
- Which station was hardest to fill? Which was easiest?
- How can you support each other in making these changes?

- What accountability would be helpful?

Step 4: Create Your Summer Value Vision (15 minutes)

Crafting Your Commitment Statement

Use this framework to create a personalized vision:

Template: "This summer, I commit to living with greater [value], [value], and [value]. I will hold onto what nourishes me, tend to what needs care, and let go of what no longer aligns. I am making space for _____."

Enhanced Vision Elements

Consider adding these components to strengthen your commitment:

Specific Actions:

- Three specific things you'll do to honor each core value
- One habit you'll start, one you'll modify, one you'll stop
- Weekly or monthly check-ins with yourself

Visual Reminders:

- Create a vision board or visual representation
- Choose a daily mantra or affirmation
- Set phone reminders with your core values

Accountability Measures:

- Share your vision with a trusted friend or mentor
- Schedule regular reflection sessions
- Create measurable goals or milestones

Step 5: Implementation & Integration (Ongoing)

Week 1: Foundation Setting	<ul style="list-style-type: none"> • Begin with items from your "Not for Sale" station—celebrate and strengthen these • Start one small change from your "Repair Shop" station • Create systems to support your new vision
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Week 2-3: Gentle Decluttering	<ul style="list-style-type: none"> • Address items in your "Donation Pile" with intentional handovers • Begin releasing items from your "Trash Bin" with gratitude • Strengthen your support systems
Week 4+: Deep Work	<ul style="list-style-type: none"> • Implement your plan for "Toxic Waste" removal with appropriate support • Refine and adjust your systems based on what's working • Regularly check in with your Summer Value Vision
Monthly Check-ins	<ul style="list-style-type: none"> • Review your garage sale stations—what's changed? • Assess your alignment with your core values • Adjust your vision and commitments as needed • Celebrate your progress and growth

Resources & Support

Common Challenges:

- **Overwhelm:** Start with just one station or one small change
- **Resistance:** Explore the underlying fear or attachment
- **Perfectionism:** Remember this is a practice, not a performance
- **Lack of support:** Consider professional help or trusted friends

When to Seek Additional Support:

- If items in your "Toxic Waste" station involve safety concerns
- If you're struggling with mental health or addiction issues
- If relationship or work changes feel too overwhelming alone
- If you need professional guidance for major life transitions

Resources for Ongoing Growth:

- Values-based coaching or therapy
- Support groups for specific challenges

- Books, podcasts, or courses on intentional living
- Regular retreats or reflection practices

Reflection Questions for Future Seasons

- How did living by your values change your summer experience?
- What did you learn about yourself through this process?
- Which changes had the most positive impact on your well-being?
- How can you maintain this intentional approach year-round?
- What would you do differently in your next "garage sale"?

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