

Values Exploration Guide: Discover Your Inner Stardew

Welcome, fellow farmer! Just like your carefully cultivated Stardew Valley farm, your values are the core of your life's "crop." They guide your decisions, help you weather storms, and light up your days like a harvest moon glowing over Pelican Town. This guide is your step-by-step journey to unearth the values that matter most to you, whether you're planting metaphorical seeds or just looking for a bit of clarity as you navigate the complexities of life.

Step 1: Choose Your Field of Focus

Just as Stardew Valley has various aspects to manage—your farm, friendships, and even town revitalization—so do the areas of your life. Start by choosing a primary area where you'd like to explore your values:

- **Relationships:** Think about your connections with family, friends, partners, and the broader community.
- **Career/Work:** Reflect on what drives you professionally or academically.
- **Personal Growth/Health:** Consider your physical and mental well-being.
- **Leisure and Play:** Focus on how you enjoy spending your downtime or engaging in hobbies.

Write your chosen area at the top of your page, like labeling a new plot of land.

Step 2: Plant Your Seeds—Categorize Your Values

Now that you have your field, let's plant the seeds! Below is a list of values to explore. Imagine each value as a different type of crop that could flourish in your field. Use the following categories to sort them:

- **Very Important (V):** These values are like your ancient fruit or iridium bars—precious and rare, worth cultivating year-round.
- **Quite Important (Q):** Similar to a reliable tomato crop, these values provide steady nourishment but may not be at the forefront all the time.
- **Not Important (N):** Think of these as wild grasses—present, but not something you'd spend your energy on.

Take your time, and choose carefully. To make the values relatable, here's a brief description of each one, along with how they might show up in Pelican Town or on your farm:

Full List of Values and Descriptions

- Acceptance: Being open to the reality of yourself, others, and the present moment. Think of how you accept the change of seasons or a crop that didn't turn out as expected—this is acceptance in action.
- Adventure: Seeking new and stimulating experiences. Much like setting off to discover the Skull Cavern or exploring the Secret Woods, this value is all about embracing the unknown.
- Assertiveness: Standing up for yourself respectfully. Imagine speaking up during town debates or choosing the right words when Lewis is a little too nosy.
- Authenticity: Being true to yourself. When you choose to befriend characters like Sebastian or Abigail despite their quirks, you're embracing authenticity.
- Beauty: Appreciating the natural world and creating art. Remember those beautiful flower beds or the intricate decorations in your farmhouse? That's beauty blooming.
- Caring: Being kind and considerate. Whether it's taking care of animals or gifting a villager their favorite treat, caring is woven into everything you do.
- Challenge: Pushing yourself to grow and improve. Taking on the community center quests or perfecting your fishing skill is a testament to this value.
- Compassion: Showing empathy for those who are struggling. Think of the times you found Linus camped out in the cold or helped Clint through his lonely evenings.
- Connection: Fully engaging with others. Remember those conversations with Emily as she shared her dreams? Connection is at the heart of that experience.
- Contribution: Giving back to your community. Completing Community Center bundles or building Pam a new house? You're making a difference through contribution.
- Creativity: Expressing your unique vision. Crafting furniture, designing your farm, or painting with Leah—all of these are expressions of creativity.
- Curiosity: Being open and interested. Curiosity leads you into the mines and encourages you to investigate strange artifacts and solve mysteries.
- Equality: Treating others with fairness and respect. Helping Marnie through her difficulties while showing the same care to Krobus is equality in action.
- Excitement: Seeking thrills and stimulating activities. Like the rush of catching a legendary fish or finding an unexpected prismatic shard in the mines!
- Fitness: Taking care of your physical health. Upgrading your tools to save energy and managing your stamina bars reflect a focus on fitness.
- Flexibility: Being adaptable and open to change. Sometimes it's about switching from farming to foraging during winter, or taking advantage of stormy days to tackle other tasks—because let's face it, the rain's already doing the watering for you!
- Freedom: Making your own choices. Whether you're taking the noble path to revitalize the Community Center or, dare we say, selling your soul to JojaMart for convenience, freedom means forging your own way—just maybe avoid the dark side, okay?
- Friendliness: Being warm and approachable. Greeting villagers each morning and including everyone in your plans is friendliness at work.
- Forgiveness: Letting go of past grievances. Think of how you eventually accept and help Shane, even when he's at his worst.

- Fun: Finding joy in the little things. Whether it's dancing at the Flower Dance or celebrating the Feast of the Winter Star, this value is all about enjoying life.
- Generosity: Giving freely to others. Sharing the bounty of your farm with villagers or donating rare items to the Museum reflects generosity.
- Gratitude: Being thankful. Gratitude is the feeling when you wake up to a perfect day, appreciate a sunny afternoon on your farm, or receive a heartfelt note from a villager.
- Honesty: Being truthful and sincere. Choosing to be open and honest in conversations with your friends in town builds trust and connection.
- Humor: Finding the funny side of life. Whether it's joking with Pam at the Saloon or sharing a light-hearted moment with Mayor Lewis, humor brightens the day.
- Humility: Being modest and respectful. Acknowledging others' help or quietly doing good deeds for the town without expecting praise—humility at its finest.
- Independence: Being self-sufficient. Running a farm all on your own or making decisions that align with your goals represents independence.
- Intimacy: Sharing deeply with those close to you. Building a family or growing your bond with your partner reflects intimacy.
- Justice: Standing up for what's right. Maybe you rallied the town to take down JojaMart and restore the Community Center to its former glory—because some things are worth fighting for, and justice means choosing the greater good over corporate greed.
- Kindness: Being gentle and caring. Offering a word of encouragement or checking in on villagers who seem down expresses kindness.
- Love: Sharing love with others or oneself. Building a relationship and nurturing it—whether with a partner, child, or pet—is the core of love.
- Mindfulness: Being present in the moment. Fishing quietly by the lake as the sun sets, or watching the snowflakes fall on a winter's day—all these reflect mindfulness.
- Order: Creating structure and organization. Arranging your farm layout or sorting your items carefully shows an appreciation for order.
- Open-mindedness: Being willing to consider different perspectives. Befriending the quirky villagers and accepting their oddities is being open-minded.
- Patience: Waiting calmly. Planting a slow-growing crop like cauliflower or enduring a rainy season without complaint requires patience.
- Persistence: Continuing despite challenges. Returning to the mines after a tough day or trying again to win Abigail's affection shows persistence.
- Pleasure: Savoring life's joys. Enjoying a feast, a sweet strawberry, or a beautiful sunset represents a focus on pleasure.
- Power: Having influence or control. Taking charge of projects or leading town efforts reflects power.
- Reciprocity: Giving and taking fairly. Sharing your crops, lending a hand to a neighbor, or bringing the perfect gift to brighten someone's day—all these acts show the balance of give and take in the community.
- Respect: Showing consideration. Listening to others' stories or respecting differing views, like Marnie's complex relationship with Lewis, reflects respect.

- Responsibility: Being accountable. Managing your farm, keeping promises to villagers, or staying true to your word reflects responsibility.
- Romance: Expressing love and passion. Whether it's dancing with your partner at the Spring Dance or planning a surprise gift—romance fills your heart and theirs.
- Safety: Ensuring well-being. Building a sturdy fence to keep animals safe or making sure your farm is secure and prosperous reflects safety.
- Self-awareness: Understanding your thoughts and feelings. Taking time to reflect by the river or in your farmhouse shows self-awareness.
- Self-care: Nurturing your own health. Taking time to relax, eat well, and enjoy a good night's sleep reflects self-care.
- Self-development: Striving to improve. Learning new skills, completing quests, or developing your farm reflects a value for self-growth.
- Self-control: Acting with discipline. Choosing to limit your time in the Saloon or sticking to a schedule represents self-control.
- Sensuality: Enjoying sensory experiences. Cooking a delightful dish or soaking in a hot spring expresses a value for sensuality.
- Sexuality: Exploring or expressing this part of yourself in a healthy way. Building intimacy in romantic relationships reflects this value.
- Spirituality: Connecting with something greater. Visiting the Junimo Hut or finding peace in nature embodies spirituality.
- Skillfulness: Refining your abilities. Sharpening your axe or perfecting your fishing skills demonstrates skillfulness.
- Supportiveness: Being there for others. Offering your time, advice, or simply a listening ear is being supportive.
- Trust: Being reliable and consistent. Building trust with villagers through your actions—whether it's keeping promises or showing up regularly—reflects this value.

Step 3: Prune and Select

Review the values you marked as V (Very Important). Now, prune your list to focus on your Top 5 Core Values. Ask yourself:

- Which values resonate deeply?
- Which ones would you be willing to fight to protect or express?
- Which makes you feel “alive” when you embody them?

Write down your top 5 values clearly, just like you'd label your prized crops in Stardew Valley.

Step 4: Reflect and Journal

For each of your top 5 values, answer the following questions. Write down your thoughts like you would in a farmer's journal, noting any insights that come up:

1. Why is this value important to me?
2. How does this value show up in my day-to-day life?
3. What activities, people, or places bring this value to the surface?
4. What obstacles prevent me from living out this value fully?
5. What small changes can I make to better align with this value?

Step 5: Cultivate and Savor

Just as crops require regular care, so too do your values. Think of one specific action you can take this week to live out each value. Write it down as a commitment to yourself, and keep this guide visible—on your desk, near your monitor, or inside your planner—so you remember to check in often.

For example: If you chose “Connection”, maybe it’s scheduling a call with a close friend or writing a heartfelt letter to someone you’ve been out of touch with.

Bonus Quest: Create a Values Mantra

If you’re feeling ambitious, craft a short mantra or affirmation using your top values. This mantra can serve as your guiding star—something to ground yourself in when the weeds of self-doubt or the storms of indecision roll in.

Example Mantra:

“I cultivate kindness, embrace adventure, and create beauty with every step I take.”

Final Thoughts: Savoring the Seasons

Remember, like the ever-changing seasons in Stardew Valley, your values may evolve over time. Revisit this guide whenever you feel your internal compass wavering. Just as there’s no “perfect” layout for your farm, there’s no right or wrong way to live by your values. Keep tending to what matters most, and you’ll find yourself with a rich, abundant harvest of meaning and fulfillment.

Happy cultivating! 🌱