

A close-up, top-down view of a person's hands writing in a spiral-bound notebook. The notebook is open to a page with handwritten text in cursive. The person is using a dark pen. The background is a blue and white patterned surface. A blue brushstroke is visible at the bottom of the page.

The Three Buckets Values Sort

Three Buckets Values Sort



Step 1 — Start With a Long Values List

Review the list of 50 values on the next page.

Step 2 — Three Buckets

Sort each value into one of the following buckets by writing YES, MAYBE, or NO beside each value:

- YES — Absolutely Me: Essential, defining, non-negotiable values.
- MAYBE — Important, but Not Core: Values that matter but are not deepest drivers.
- NO — Not Central Right Now: Still good values, but not personally meaningful or relevant.

Step 3 — Narrow the YES Bucket

If you have more than 10 YES values:

- Move any “nice but not essential” values to MAYBE.
- Eliminate values that feel similar or redundant.
- Focus on those tied closely to your Sacred Anchors (see Day 14 in the Languishing and Lost to a Good Gay Life YouTube Series.)

Step 4 — Choose Your Top Three

Ask yourself:

“If I could only live by three values for the next 10 years — the ones that would make my future self proud — which three would I choose?”

Three Buckets Values Sort



Belonging
Compassion
Friendship
Empathy
Integrity
Courage
Responsibility
Fairness
Growth
Curiosity
Learning
Resilience
Faith
Wonder
Gratitude
Reverence
Health
Vitality
Simplicity
Adventure
Purpose
Leadership
Excellence
Discipline
Independence

Love
Kindness
Loyalty
Community
Honesty
Authenticity
Humility
Justice
Wisdom
Creativity
Openness
Confidence
Spirituality
Awe
Presence (Mindfulness)
Peace
Balance
Joy
Freedom
Play
Service
Contribution
Mastery
Achievement
Innovation