



## **VALUES WALK**

*HOW TO HOST AND LEAD YOUR OWN VALUES  
WALK TO MARK WORLD VALUES DAY*



**This guide has been specially prepared for World Values Day by Street Wisdom**

**STREET**  
WISDOM

***First, a big welcome to all World Values Day supporters! As our own contribution to World Values Day we at Street Wisdom are proud to offer this guide to holding your own free Values Walk on or before World Values Day.***

***This is a community walk with a difference. It is an easy way of transforming an ordinary walk into an enjoyable learning experience. By simply being present, alert, and observant, we find ourselves naturally exploring and learning more about our values as we take in what's around us in the street.***

***This Values Walk is adapted from our Street Wisdom walks which have been taking place for many years all around the world. Thousands of people have taken part in this social adventure which is open to anyone to host and lead themselves.***

***So thanks for downloading the guide. We're excited about what's possible. And we are glad you are too. And thanks, in advance, for running what we know is going to be a great experience.***

#### **The Street Wisdom Team**

*Street Wisdom is a non-profit venture and registered Community Interest Company (no. 9848643  
[www.streetwisdom.org](http://www.streetwisdom.org)  
@Street\_Wisdom*

## **Before we begin...**

The Values Walk is based on Street Wisdom which is a learning technology that has taken many years and many miles on many streets to develop. Because we want as many people as possible to experience it, we are offering it on a freeware basis. You can find a copy of the freeware license on our site within the Ts&Cs at [www.streetwisdom.org/sign-up](http://www.streetwisdom.org/sign-up)

We're delighted you want to run one of your own. We would only ask you to respect the following conventions:

### **You're welcome to run this event but**

- please let us know in advance at [info@worldvaluesday.com](mailto:info@worldvaluesday.com) when and where it is taking place - make clear reference to Street Wisdom as the source of the technology - please use both the Street Wisdom and World Values Day logos, Twitter and website details on all and any materials.

### **When you run an event**

- please follow the facilitating instructions. It's all very simple - but only when you know how. If you do make modifications or enhancements which work well please let us know, in the spirit of 'open source'.

### **After the event**

- let us know how things went using social media with the hashtag [#WorldValuesDay](https://twitter.com/WorldValuesDay), the blog function on the Street Wisdom site and/or links to your own blog. Pictures/video are very welcome. We consider your stories fair exchange for use of our technology. They help us learn more and will inspire others to take part.

### **The value of generosity...**

This community values version of Street Wisdom is offered free to those that take part; you don't pay fees you pay attention. The spirit of generosity is very important to us. We are offering it without cost to you and ask that you do the same with your participants.

## **OK, now a bit of general stuff about Street Values**

### **What is it?**

Values Walk is an enjoyable, powerful and free way of using the streets to learn something new about our values and what they mean to us.

### **How does it work?**

It's a simple idea, based on the proposition that the environment and people around us are full of wisdom we largely overlook or ignore. Values Walk allows

us to tune into the rich stimulus and learn all that latent wisdom. As our strap line says - answers are everywhere – you just have to ask.

### **Who is it for?**

It's for anyone who has questions about their life and/or work and wants some fresh answers. It is relevant for anyone tackling a challenge in their working life, figuring out what's next, struggling with the day-to-day stuff or seeking that inspirational breakthrough.

## **How to Set Up Your Event**

### **When to hold the event?**

While many events are held at the weekend, it's actually designed to fit easily into the working week where it can provide amazing stimulation and refreshment for all us busy folk.

To minimise catering costs down and organisation simple the Values Walk is designed to fit between meals; e.g. between breakfast and lunch or between lunch and dinner. Favourite times are 0930-1230 or 1400-1700.

### **And where?**

The Values Walk is designed to draw out the magic of ordinary streets – so it works pretty much anywhere. That said, we have found it works best where:

- there are enough people and activity to provide stimulus and allow the participants to disappear into the crowd. Hustle and bustle is good.
- there isn't too much traffic so participants are not dodging cars all the time. Market streets seem to work really well. So do pedestrianised city areas. It is good to restrict your "playing area" to a few streets and to tell people if they reach a major road, they have reached the boundary and not to cross.

### **Where to start and finish?**

While the action of the event takes place on the street, it's great to have somewhere undercover to gather at the end to share what's been learned. Cafes, restaurants, the lobbies of hotels, parks (in good weather). They can all work. Usually it's worth having a word with the proprietor in advance.

You can start and finish the Values Walk at the same place. Or you can gather in one part of town and end at a different gathering point. (Note: If you choose the second option, it's nice to give each participants the name and address of the end point on a piece of folded paper and tell them not to read it until 15 minutes before the gathering time. The mystery adds to the sense of adventure and releases participants from the itinerary-mindset.)

### **How many people attend?**

The Values Walk is designed for groups of between 10-15 people. You can create larger events if you have some people to assist you (reckon on one

assistant per extra 10 participants). And if you want to run a really large event (50+ participants) do get in touch and we'll explain how this is done.

### **What about the weather?**

We've run events in blazing sun and driving rain. As long as people come appropriately dressed it doesn't seem to matter. All weather works.

## **How to Run and Lead the Values Walk**

### **Event Structure**

Think of it as a three-hour experience in 3 x 1 hour sections. In the first section we sharpen our senses so we can pick up the signals the street (and indeed life) is sending us, instead of hurrying past. In the second section, each participant goes on their own individual quest in the street - each asking a question they want an answer to. In the third section we meet and share what the street

taught us. There's more detail below, but that's basically it. If you remember Sense: Learn: Tell - you can't go wrong.

We've broken down the flow into the key steps we recommend you follow.

### **Step 1. Welcome (5 min)**

Make it clear on your invitations where you are meeting and when. Get a list of people who are coming so you can keep track of attendees and latecomers.

Anticipate the inevitable delays by scheduling your welcome 10 minutes before the event itself is due to start. Begin with a short welcome, including little bit about The Values Walk and how it's structured as a three-stage experience (Tune your senses: Ask the street a Question: Share what you learned).

Explain that it's an opportunity to ask a question and see what fresh answers the street gives them. If they want to know more about what question they should ask here's the kind of thing you can say...

- should I take the new job or stay with the old one?
- I'm unsure about my choice of career/relationship/where to live - what is the best choice to make?
- Given my values, how do I tackle a particular (life/work) challenge?
- What value am I not paying enough attention to in my life?
- I want to do or learn something new - what should it be?
- What can I do to make a particular value really come alive in my life?

- How can I create more (peace/compassion/ etc) in the/my world?

You might want to have one generic question for your group ready to suggest for those that don't have their own ideas.

*To get the best results chose something that's specific, meaningful and you'd really appreciate an answer to.*

Sometimes people arrive with questions that are personal and which they don't wish to share with the group. That's ok – if they'd like help from you in shaping their question, just take them to one side and reassure them that they don't have to share anything they don't feel comfortable with.

### **Step 2. Warm Up (5 min)**

It's always helpful to break the ice by helping the participants to get to know each other a little and get over the slight awkwardness that a group often feels at the start. We encourage participants to spend a few moments in pairs answering the following two questions

"Which is your favourite street in the world and why?" "Where do you have your best breakthroughs?"

### **Step 3. Tuning The Senses (60 min)**

This is the first phase of the Values Walk proper where the participants sharpen their perception so they can pick up messages the street is sending them.

NOTE: From this point it's PHONES OFF or participants will be in danger of being distracted by lots of messages the street is NOT sending them.

How the Values Walk tunes the senses is by asking participants to walk along the streets bearing a simple instruction in mind. The instruction will be something simple and is designed to heighten the participants' awareness of what is going on around them.

There will be four short walks – each of 10 minutes – each with a different instruction.

Participants do not know the instructions until you tell them. E.g. they are not written down. You tell them the instruction for ONLY the walk they are about to do. This means at the end of ten minutes they have to return to you for the next instruction.

That's four mini-walks of ten minutes each – 40 minutes – plus 5 minutes between walks to get the next instruction. Total one hour. (You can shorten this section if you are running a behind schedule by reducing the time between walks.)

The mini-walk instructions are:

Walk One (1st ten minutes): **Be drawn to what attracts you**

This is designed to enhance physical awareness, to engage the body in the exercise and awaken its inner compass.

Walk Two (2nd ten minutes): **Slow... Right.... Down**

This is designed to enhance mindfulness and clear the mental chatter. It's vital people really slow down. You can explain to participants that this means radically slowing the rate they walk, breathe, blink...even the speed their hair grows.

Walk Three (3rd ten minutes): **Notice the Patterns**

This is designed to enhance and stimulate the meaning-making part of the mind. An alternative you might want to try instead is Sense the Story, which helps participants see the street as an unfolding narrative.

Walk Four (4th ten minutes): **See the Beauty in Everything**

This is designed to create a warm, loving connection with the environment. We like to say if you love the environment it tends to love you back.

These four questions are designed to have a cumulative effect on participants who return from the walks with a somewhat altered sense of reality – and stupidly big grins.

#### **Step 4. Street Quest**

Now you have helped your group tuned up their senses, explain it's time for the Street Quest, the part of the Values Walk where they ask a question and see what answers the street has for them.

Check they all have a question. And encourage them to share these briefly with each other before they set off on their quest. It's a good opportunity for the group to interconnect and the individuals to focus. If they aren't clear, you might want to repeat your instruction about the kind of question they could ask (see above). But don't put anyone under pressure. A general sense is more than enough.

Now give them the following instruction (in your own words of course):

*Now you have your question in mind, start to wander. That's it. Keep the question in mind and just wander. There's nothing practical to do except be at [PLACE] at [TIME].*

*As you wander, use your sharpened senses to pick up anything that looks like it might be relevant to the question you are asking. It could be a phrase you see on an advert, a smell that triggers a memory or something surprisingly relevant you overhear in a shop.*

*Ideas could be sparked by things you see on the street and also people you meet in it. Don't be shy about asking strangers what they think. It's*

*amazing what perspectives complete strangers can have. Answers are everywhere and so are teachers!*

*If nothing much seems to be happening, don't force anything. Just keep noticing what's happening. Sometimes wisdom doesn't shout – it whispers.*

## **Step 5. Share what Happened**

The final hour of the Values Walk gives participants a chance to reflect on and share what happened in their Street Quest. We suggest you facilitate this by asking the participants to sit in small groups when they return from their question and ask the following questions in the following order:

- Q.1 What Happened?
- Q.2 What Did You Learn?
- Q.3 How can you use what you learned?

The first question encourages people to tell the story of their experience. This is the most fun for others to hear. The second encourages participants to conceptualise their experience and the third, to apply it.

If there's space and time, it's really nice to finish this session by asking a few people to share their stories with the whole group.

**Please ask everyone to share their experience with us at World Values Day and with the world by posting on Facebook, Twitter, LinkedIn, YouTube or Instagram pages using #WorldValuesDay and @ValuesDay or by emailing us at [info@worldvaluesday.com](mailto:info@worldvaluesday.com) Use words, photos, video clips or whatever works best for you!**

**Can you also ask them to post to Street Wisdom's site or Twitter (@Street\_Wisdom), on Instagram account at @street.wisdom (note the 'dot'). They can also tweet out on #streetwisdom.**

Please explain the nature of the Street Wisdom 'deal' - free shareware in exchange for stories – and encourage your participants to share their experience on the Street Wisdom website. The big red buttons on our homepage are an easy way for them to take action – where they can Share their Story, Donate or Run their Own.

## **Let us know if you are going to hold a Values Walk event**

If you intend to hold a Street values walk on or before World Values Day please tell us about it by emailing details to [info@worldvaluesday.com](mailto:info@worldvaluesday.com).

And after you hold the event, don't forget to tell us or share what you did on social media.