

Identifying Values

Instructions:

Identifying your values is about understanding what areas of life are most important to you, where you should focus your time and energy, and where you could give a little less. This workbook will take you through each area of life individually and ask you to reflect on these.

KEY CONCEPTS:

Values

Values are the principals or ideals we hold as important, good, desirable or worthwhile (e.g. the values of love, freedom, individuality, belonging)

Honesty

Try to use this resource as honestly as possible. Societal norms and fear of judgement can sometimes get in the way of us truly aligning with our values.

Incongruence

Incongruence is the scientific term for when we do not live a life that is in line with our values, and therefore experience distress, such as anxiety, low mood and a lack of motivation.

Family relationships (not marriage)

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1	2	3	4	5
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- Using the scale above, circle how important this area of life is to you. 1= not important, 5= very important
- What would your family relationships look like in your ideal world?
- What personal qualities (if any) would you like to contribute to your family and why?
- Currently, are you contributing enough, or too much, time and effort to this area of your life?- taking into consideration how important it is to you
- What actions can you take to change the above, if needed?

Intimate relationships

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- Using the scale above, circle how important this area of life is to you. 1= not important, 5= very important
- What does your ideal relationship look like?
- In your ideal relationship, how would you behave, react and treat your partner?
- Currently, are you contributing enough, or too much, time and effort to this area of your life?- taking into consideration how important it is to you
- What actions can you take to change the above, if needed?

Parenting/Caregiving

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- Using the scale above, circle how important this area of life is to you. 1= not important, 5= very important
- What does your ideal parenting style look like?
- How would you like a child you care for to describe you?
- Currently, are you contributing enough, or too much, time and effort to this area of your life?- taking into consideration how important it is to you
- What actions can you take to change the above, if needed?

Friendships/ Social Relationships

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- Using the scale above, circle how important this area of life is to you. 1= not important, 5= very important
- What would your ideal friendships look like?
- What personal qualities could you bring to your ideal friendships?
- Currently, are you contributing enough, or too much, time and effort to this area of your life?- taking into consideration how important it is to you
- What actions can you take to change the above, if needed?

Work/ Career

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- Using the scale above, circle how important this area of life is to you. 1= not important, 5= very important
- What would your ideal work look like?
- What actions can you take to get closer to the above? (if not there already)
- Currently, are you contributing enough, or too much, time and effort to this area of your life?- taking into consideration how important it is to you
- What actions can you take to change the above, if needed?

Education

1	2	3	4	5
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- Using the scale above, circle how important this area of life is to you. 1= not important, 5= very important
- Is there any education that you would ideally like to be undertaking?
- What actions can you take to get closer to the above? (if not there already)
- Currently, are you contributing enough, or too much, time and effort to this area of your life?- taking into consideration how important it is to you
- What actions can you take to change the above, if needed?

Leisure/ Relaxation

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- Using the scale above, circle how important this area of life is to you. 1= not important, 5= very important
- What are your ideal forms of leisure and relaxation?
- What actions can you take to get closer to the above? (if not there already)
- Why is leisure and relaxation important (or not) to you?
- Currently, are you contributing enough, or too much, time and effort to this area of your life?- taking into consideration how important it is to you
- What actions can you take to change the above, if needed?

Spirituality/ Religion

1	2	3	4	5
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- Using the scale above, circle how important this area of life is to you. 1= not important, 5= very important
- What does spirituality/ religion mean to you?
- Why is this area of life important (or not) to you?
- Currently, are you contributing enough, or too much, time and effort to this area of your life?- taking into consideration how important it is to you
- What actions can you take to change the above, if needed?

Community

1	2	3	4	5
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- Using the scale above, circle how important this area of life is to you. 1= not important, 5= very important
- How would you like to contribute to your community/ the world?
- What does it mean to you to be a member of a community?
- Currently, are you contributing enough, or too much, time and effort to this area of your life?- taking into consideration how important it is to you
- What actions can you take to change the above, if needed?

Physical Health/ Wellbeing

1	2	3	4	5
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- Using the scale above, circle how important this area of life is to you. 1= not important, 5= very important
- In your ideal world, how would you take care of your physical and mental health?
- Why is this area of your life important (or not) to you?
- Currently, are you contributing enough, or too much, time and effort to this area of your life?- taking into consideration how important it is to you
- What actions can you take to change the above, if needed?