

# Values in Action

Values are what we find meaningful and important in life. Everyone has their own unique set of values, and values can change throughout our lives.

Values work like a compass. They guide our decisions and help us choose meaningful activities that boost our mood. Often our mood lifts when our daily life activities reflect what we value.

Spend a few minutes reflecting on the categories of values below. You can use these ideas to help you identify your own values on the next page.

<b>Physical Well-Being</b> Engage in regular exercise Eat nourishing foods Find balance between rest and activity	<b>Family Relationships</b> Spend time with family Strengthen family relationships	<b>Intimate Relationships</b> Establish safety and trust in relationship Give and receive affection Spend time with partner	<b>Community</b> Help others in need Commit to a cause/group with a larger purpose
<b>Spirituality</b> Find meaning in life Grow in understanding of self, and personal religion/fait h/personal calling	<b>Hobbies</b> Find and participate in recreational activities Spend time outside Develop skills	<b>Personal Growth</b> Try new and different things Be daring and seek adventure Learn to do challenging things that lead to personal growth	<b>Education</b> Learn new things Pursue education/training in areas of interest
<b>School / Career</b> Be a leader Complete all my work Get good grades Make money Be respected by others Enjoy the work I do	<b>Friendships</b> Reach out to establish new relationships Have and keep close friends End destructive relationships Spend time with friends	<b>Mental Health</b> Challenge negative thoughts Engage in therapy/take medications Stay active Have free time Seek out social and enjoyable activities	<b>Other</b> What other values do you have?

## Prioritizing My Values

Take a moment to identify your own values by writing brief summaries in the categories below. For example, if you noticed that physical well-being is a value of yours, you could write a brief summary like this: "I value taking care of my body through regular exercise and consistent sleep."

After completing summaries of your values, rate the values on a scale of 0-10 (0 = not important, 10 = extremely important). Identify your top three most important values by circling them.

<b>Physical Well-Being</b>	<b>Family Relationships</b>	<b>Intimate Relationships</b>	<b>Community</b>
<b>Spirituality</b>	<b>Hobbies</b>	<b>Personal Growth</b>	<b>Education</b>
<b>School / Career</b>	<b>Friendships</b>	<b>Mental Health</b>	<b>Other</b>

# Translating Values into Action

Now that you have a better idea of what you value, brainstorm ideas for activities that align with these values. Remember, often our mood lifts when our daily life activities reflect what we value. In the space below, write your top three most important values in **Values** boxes. Then use the **Activities** boxes to list activities that align with these values. Once you have developed activities that align with your values, practice completing one of the activities in the upcoming week.

## Values

### Example: Physical Well-being

I want to take care of my body through regular exercise and consistent sleep

## Activities

1. Go on a walk
2. Ask a friend to go to the gym with me
3. Set an alarm to wake me in the morning and to remind me to go to sleep at the same time everyday

Value 1:

- 1.
- 2.
- 3.

Value 2:

- 1.
- 2.
- 3.

Value 3:

- 1.
- 2.
- 3.