

## VALUES-BASED ACTION

### Handout 1: DEFINE YOUR VALUES

This written exercise is designed to help you become much more aware of the purpose and direction in your life. For some areas of your life, your values may be easily accessible. For others, you may have to reflect for a while on what you really care about and the type of person you ideally want to be.

There are no right and wrong answers to this type of exercise. It is simply designed to help you become more aware of the particular personal strengths and qualities you personally want to express in your own behaviour.

The exercise is designed to help you define your values for five areas of life: Health; Relationships; Work and Career; Leisure Time; and Personal Growth. You may find the areas overlap somewhat. That's fine. The key thing is to begin constructing the qualities you most want to pursue – essentially capturing the type of person you ideally want to be. What you want your life *to be about*.

Here are some additional tips for completing this exercise:

- Think of your values as the 'behavioural guides' that you get to choose for each area of your life.
- They're about how you choose to be – for example being supportive, being loving, being patient, being competitive, being hard working are ways of describing values.
- Values can never be achieved, so they are more general than goals and actions

**You do not have to show your answers to anyone, so please take this opportunity to be honest with yourself, and discover what you truly value**

## **Your HEALTH values**

**Think about your values in relation to your health and physical well-being. What are your intentions with regard to diet, exercise, smoking, alcohol, and general self-care and well-being? Do you wish to pursue a healthier lifestyle? If so, what form might that take in your life? If this area of life is important to you, see if you can capture your values regarding the promotion and maintenance of good health.**

**VALUE STATEMENT:**

**VALUE REMINDER WORDS:**

## **Your RELATIONSHIP values**

**In this section, write down a description of the person you choose to be in your various relationships. This section can be divided into relationships with your spouse or partner, children, family members, and friends. In an ideal world, how do you *choose* to relate to the people in your life? How would you treat others if you were the “ideal you” in your various relationships? Describe the personal qualities that you most want to express in any personal and social relationships that are important to you.**

**VALUE STATEMENT:**

**VALUE REMINDER WORDS:**

## **Your WORK AND CAREER values**

**In your current job, describe the type of employee or manager you most want to be. What personal qualities or strengths do you show at work when you are at your best? What are your values around how to interact with your colleagues? If you are a manager, what type of manager do you choose to be? What are your innermost work values – persistence, hard work, continued development, being supportive to others, career progression, customer service, cooperation, creativity?**

**VALUE STATEMENT:**

**VALUE REMINDER WORDS:**

## **Your LEISURE TIME values**

**Describe the type of leisure time you would most like to have, including hobbies, sports, and leisure activities. What do you or would you most like to pursue for fun and fulfilment in your leisure time? Do you choose having fun, relaxing, or engaging in creative activities and hobbies? What is important to you in this area of your life? Capture the values you would most like to guide your actions during your leisure time.**

**VALUE STATEMENT:**

**VALUE REMINDER WORDS:**

## **Your PERSONAL GROWTH values**

**Describe the types of personal development activities you would be interested in pursuing. This could include training programs you would like to attend; any groups you would like to join; learning new skills or languages; developing greater knowledge about topics that interest you; spiritual pursuits such as meditation, religion, or yoga; this area could also include contributing to community, political, or environmental causes. If continued personal development is important to you, try to capture the way you would like to be in this area of your life.**

**VALUE STATEMENT:**

**VALUE REMINDER WORDS:**