

Handout 7: ASSESSING VALUE CONSISTENCY

This exercise encourages you to assess how *values-consistent* you have been over the past couple of weeks. Use this handout to identify the values you are most interested in pursuing, and then consider the actions that have been consistent and inconsistent with those values over the past two weeks. Have you been bringing your values to life?

Your HEALTH values

Record your key value reminder words for this area of your life:

Now reflect on your actions **OVER THE PAST TWO WEEKS**. To what extent were your day-to-day actions consistent with your health values? For example, did your eating, drinking, and exercise behaviors move you in a healthy direction? To what extent did you purposefully engage in exercise? Did you overdo it on any unhealthy behaviors? How well did you sleep? Think about all your actions over the past couple of weeks related to your health.

Actions that were more consistent with my main health value		Actions that were less consistent with my main health value

On a scale of 1 to 10, how important is this health value to you right now?

(1 = not at all important; 10 = very important) _____

On a scale of 1 to 10, how value-consistent have your health-related actions been over the past 2 weeks?

(1 = not at all consistent; 10 = highly consistent) _____

Your RELATIONSHIP values

Record your key value reminder words for this area of your life:

PARTNER	
CHILDREN	
FAMILY	
FRIENDS	

Now reflect on your actions **OVER THE PAST TWO WEEKS**. To what extent were your day-to-day actions consistent with your most important relationship values? For example, did you relate to others (e.g., partner, family, friends) in ways that are consistent with your values? Did your actions support the development of relationships that you care about? Did you do things to nurture relationships that are important to you? Were some of your social interactions ‘hijacked’ by your thoughts or feelings in the moment? Think about all your actions over the past couple of weeks related to your values around relationships.

Actions that were more consistent with my main relationship values		Actions that were less consistent with my main relationship values

On a scale of 1 to 10, how important are each of your relationship values to you right now?

(1 = not at all important; 10 = very important) _____

On a scale of 1 to 10, how values-consistent have your relationship behaviors been over the past 2 weeks?

(1 = not at all consistent; 10 = highly consistent) _____

Your WORK AND CAREER values

Record your key value reminder words for this area of your life:

Now reflect on your actions OVER THE PAST TWO WEEKS. To what extent were your day-to-day actions consistent with your work/career values? For example, did you engage in behaviors that reflect how you choose to be in your work? Were your interactions with work colleagues values-consistent? Did you take any valued steps towards personal development in relation to work? Think about all your actions over the past couple of weeks related to your main value around work/career.

Actions that were more consistent with my main work/career value		Actions that were less consistent with my main work/career value

On a scale of 1 to 10, how important is this work/career value to you right now?

(1 = not at all important; 10 = very important) _____

On a scale of 1 to 10, how value-consistent have your work/career behaviors been over the past 2 weeks?

(1 = not at all consistent; 10 = highly consistent) _____

Your LEISURE TIME values

Record your key value reminder words for this area of your life:

Now reflect on your actions OVER THE PAST TWO WEEKS. To what extent were your day-to-day actions consistent with your recreation and leisure time values? For example, did you engage in behaviors that reflect how you choose to be in your leisure time? Did you pursue activities/hobbies that reflect how you want to be in your leisure time? Were some actions less consistent with your main leisure time value? Think about all your actions over the past couple of weeks related to your values around recreation and leisure time.

Actions that were more consistent with my main leisure time value		Actions that were less consistent with my main leisure time value

On a scale of 1 to 10, how important is this leisure time value to you right now?

(1 = not at all important; 10 = very important) _____

On a scale of 1 to 10, how value-consistent have your leisure time and recreation behaviors been over the past 2 weeks?

(1 = not at all consistent; 10 = highly consistent) _____

Your PERSONAL GROWTH values

Record your key value reminder words for this area of your life:

Now reflect on your actions OVER THE PAST TWO WEEKS. To what extent were your day-to-day actions consistent with your values around personal development, learning, and growth? If learning new things is important to you, did you pursue that value over the past two weeks? Did you seek out new knowledge or other growth experiences in a way that is value-consistent? Were some actions less consistent with your personal growth value? Think about all your actions over the past couple of weeks related to your values around personal development and growth.

Actions that were more consistent with my main personal growth value		Actions that were less consistent with my main personal growth value

On a scale of 1 to 10, how important is this personal growth value to you right now?

(1 = not at all important; 10 = very important)_____

On a scale of 1 to 10, how value-consistent have your personal growth behaviors been over the past 2 weeks?

(1 = not at all consistent; 10 = highly consistent)_____