

ESTABLISHING YOUR VALUES

There is a difference between values & goals.

Goals are tangible objectives that we set for ourselves. For example we may have the goal to go to university & complete a degree. But we may have the value to be a hard working & conscientious student. We may have the goal to be in a relationship & get married. But we may have the value of being a loving, caring & trustworthy partner. We may have the goal of having children. But we may have the value of being a nurturing & strong parent.

Goals are finite. Once we achieve them they are completed. We can tick them off the list & mark as achieved.

Values are infinite. They are never ending. *They are our heart's inner most desires & encapsulate what is most important to us.* They represent the direction we would like to travel or the way in which we aim to achieve our goals & in effect live our lives. We may achieve the goal of getting a university degree, getting married or having children. But the values we attach to each of these completed goals is an ongoing proposition.

When we live our lives & make choices that are in keeping with our values we are more likely to feel a sense of happiness & fulfilment.

This exercise is designed to help you establish:

- what your values are in different areas of your life
- how important each of these areas are to you
- how well you are living by them currently &
- whether you want to make any changes or improvements

There are no right or wrong answers. No one can tell you what your values should be. It is completely up to you.

There are a number of identified areas of life. These are listed to help you think about the different areas of your life that *may be important to you*. *Some may be unimportant. Some may be irrelevant.*

The questions are designed to get you to consider just what is important about that area of life & the qualities & behaviours you would like to bring to each of these areas. They aim to get you to consider what would be the ideal scenario. Answer the questions for those that apply to you at this point in your life.

You are then asked to rate how important each area of life is to you & how successfully you are living your life according to your values.

Finally you are asked to consider what you need to do differently to change or improve those areas of your life that you have decided are important to you.

You will notice that all questions pertain to you & not others. We can only change ourselves. We can only strive to live according to our values. We cannot make others change or live accordingly to what we deem is important.

<u>Area of life</u>	<u>Values</u>	How important is this to you? 1=Not important 10=Very important	How well are you living your life according to these values? 1=Not successful at all 10=Very successful	What changes or improvements would you like to make to this area of your life? What do you need to do differently?
Family relationships	Ideally how would you like to be in your family relationships? As a son/daughter; brother/sister; cousin; grandchild; uncle/aunt etc. What qualities & behaviours would you like to bring to each of these roles?			
Friendships	Ideally how would you like to be in your friendships? What sort of a friend do you want to be? What sort of friendships would you like to have? What qualities & behaviours would you like to bring to your friendships?			

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Romantic relationship	Ideally how would you like to be in your relationship? What sort of partner would you like to be? What kind of relationship do you want to have? What qualities & behaviours would you like to bring to your friendships?			
Parenting	Ideally how would you like to be in your relationship with your children? What sort of parent would you like to be? What kind of parent-child relationship do you want to have? What qualities & behaviours would you like to bring to your role as a parent?			

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Work/Study	Ideally how would you like to be in your work/study? What kind of work/study would you like to have? What kind of worker/student do you want to be? What kind of relationships at work or school would you like to build? What qualities & behaviours would you like to bring to your work/study?			
Recreation	Ideally what forms of recreation/hobbies/interests would you like to participate in? What is important to you about recreational pursuits?			

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Community	Ideally would you like to be more involved in &/or contribute more to your community? If so what you like to be doing?			
Physical health	Ideally how would you like to take care of yourself & your physical well-being? Why is this important to you?			