

Defining Values: Your Compass



This exercise is designed to help you become more aware of the purpose and direction of your life. While you may feel that you are completely clear on this, we encourage you to read on!

For some areas of your life, your values may be easily accessible. For others, you may need to reflect for a while on what you really care about and how you desire to be in the world. Values are personal, heartfelt ideals or guidance (for example, for example, being supportive, loving, patient, kind, or hardworking are ways of describing values). They are not goals, specific destinations or set endpoints to achieve. Goals are in the future and are fine. *But life is here and now...* and we are looking at ways to access our values and what is possible in the present moment. Think of your values as behavioral guides, your “compass”. When we recognize values, we can connect this with our intentions and simultaneously see where challenges or possible barriers may lie so that we can incline in *the direction we truly mean to go* (our valued direction). 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 strengths and qualities you personally want to express in your own behavior.

You are invited to 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 identifying the qualities you most want your life to be about.

Identifying and incorporating values as a more prominent guide to daily behavior may energize you, be a guidepost as you navigate through challenging times and allow actions to be less influenced by unhelpful inner thoughts, feelings, and habits. 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 as you consider the questions on the back of this sheet.



Defining Your Values

You are invited to dedicate a few minutes to consider and write:

- *What do I most value in this domain of my life?*
- *What are the strengths and energy I now bring to this facet of life?*
- *What are the qualities that I want to express in this area of my life?*

HEALTH VALUES:

RELATIONSHIP VALUES:

WORK AND CAREER VALUES:

LEISURE TIME VALUES:

PERSONAL GROWTH VAUES: