



LIVE YOUR BEST YOU.

Tips for Expanding Patterns of Values-Based Action

Continue Defining Your Values

Defining your values is not a one-off exercise. Make use of the workshop's handouts and books on the reference list to continue constructing and clarifying your most important values in every area of your life. Writing your values-based action goals down – and revising them over time -- can reinforce new habits.

Keep Your Values Close

Finding ways to keep your values prominent in your mind is supportive in living the life you want to live. Otherwise, values have a tendency to drift into the background as internal and external barriers show up.

Have a Values-Based Day

Every so often, dedicate a whole day to a particular value and several short mindfulness practices. In the course of the day, look for opportunities at work and at home to engage in small values-consistent actions. Notice what happens when you pause, come home to the body, notice the breath, and take a values-based action.

Take Some Bold Steps

Step out of your comfort zone from time to time in service of your values. Notice the thoughts and feelings that arise as you do so.

Take Valued Actions in the Presence of Unhelpful Thoughts and Feelings

Recognize that your thoughts and feelings do not have to be barriers to effective, consistent action. For example, thinking you do not have time for a 10 minute walk does not mean you can't walk!

Know That You Can Reconnect with Your Values at Any Time

No one is values-consistent all the time! When you notice you've strayed from a valued path, simply reconnect with a value and identify the next small values-consistent step you can take. Be happy you noticed! Values are not rigid, oppressive rules but a vital and meaningful guide.