

16. Getting in touch with your values



Stand for something or fall for anything

THINK & FEEL



DURATION

20 minutes

FREQUENCY

1x/week

DIFFICULTY

Moderate

EVIDENCE QUALITY

★★★☆



+ WELLBEING

+ RESILIENCE



What it is?

- Reflecting on your values, the areas of life that matter most, is the foundation for developing meaningful goals in life and at a broader level, your purpose in life.

What can I use it for?

- Values are the ideals or areas of life that we hold to be important.
- There are many values out there, some examples are creativity, relationships, kindness, spirituality, or achievement. Identifying the things that are important to you is beneficial not only for your sense of meaning in life but for your overall wellbeing.

How to do it?

1. Think about a special, peak moment (or multiple moments) when life was especially rewarding, engaging or significant.
2. List the values that were being honoured in that moment.
3. Now let's think beyond life events: what do you value in your life (other than basic needs such as food and shelter)? List the three most important values in your life.
4. Make a plan to 'live' these values more often, can you think of concrete ways to live these values in your life?

Anything to consider before I start?

- If you want to find out more about your values you can visit the VIA Character strengths website and take the free survey to help identify your top character strengths. www.viacharacter.org/



THINKING

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Describe a special moment that happened this week. What was happening in this moment? How did it relate to your values?

[Dotted box for writing]

Which of the values are important to me? And how can I live in line with these values more often?

[Dotted box for writing]

Think about any short-term activities you can do to help you get to live closer to the values you like to live to? Is there a simple change you can make?

[Dotted box for writing]

List of common virtues and strengths:

Wisdom & Knowledge:

Creativity, curiosity, love of learning, perspective, judgement

Courage:

Bravery, persistence, honesty, zest

Humanity:

Love, kindness, social intelligence

Justice:

Teamwork, fairness, leadership

Temperance:

Forgiveness, humility, prudence, self-regulation

Transcendence:

Appreciation of beauty & excellence, gratitude, hope, humour, spirituality.

MY HABIT STATEMENT

Habit Statement:

When will I practice it?

How will I remind myself to practice?

How will I celebrate?

