**Values**

*Contentment can only truly be achieved by knowing one’s true values and being on the path towards realizing them in their own life.*

~Bruce Lee

**Section 1:**

Values are often overlooked in everyday life because we get so caught up in the facts around us. Our thoughts and feelings focus on the immediate awareness of these, which includes our current feelings towards past or future events. In addition, we often are informed by these problematic issues surrounding us on how to assess our current behaviors. This causes us to not even realize if we have been breaking our own values. By knowing what your values really are, you can begin to see if you are on the right path to realize them or if you have been tricked by yourself or your circumstances to start working against yourself by taking the path away from them.

What is truly important in one’s life, either being consciously or unconsciously aware (including moral standards), is what defines what a value is. Knowing the definitions will help you explore your thoughts in a healthy and safe way. Below are some common definitions of some personal values:

**Altruism**: Behavior that is motivated solely to benefit someone else over oneself.

**Compassion**: Behavior of expressing kindness and empathy to others.

**Belonging**: Being truly accepted by others/groups.

**Empathy**: The ability to understand another person’s perspective or circumstances, even if you don’t agree with them.

**Creativity**: Creating unique products of original thinking that have worth, utility, or importance (physically, emotionally, culturally).

**Calmness**: The state of being free from agitation or strong emotions.

**Intuition**: Being able to understand something immediately without outside help or conscious thought.

**Vision**: Being able to accurately perceive future events.

**Usefulness**: Having the quality of practical worth or applicability to someone/something.

**Preparedness**: Having set, primed, or equipped yourself for future events.

**Rigor**: Strictly following the rules.

**Ambition**: A strong drive for success or a cherished desire.

**Boldness**: Confidently making decisions with no fear.

**Mastery**: Comprehensive knowledge or a high skill in an aspect of life.

**Merit**: The act of having known positive qualities through rewards, commendations, or outward positive qualities.

**Love**: A large set of positive emotions and behaviors that reflect a want/need for passion, commitment, and intimacy with another.

**Mental** **Strength**: Being able to assess situations, actions, and thoughts in a healthy way without those situations, actions, or thoughts causing problematic behaviors/thoughts in our own life.

**Physical** **Strength**: Being physically fit and physically healthy.

**Emotional** **Strength**: Being open and willing to express one’s own emotions as well as understand others.

**Patience**: Being able to endure through difficult times without becoming agitated.

**Fluency**: Being able to express to others a deep understanding of a topic (thought, emotion, skill)

**Grace**: Being grateful towards the world around us, as well as ourselves. Or, accepting a personal God’s divinity into ourselves.

**Spirituality**: Feeling the deep connection between each person of humanity (including ourselves) or a personal God.

**Happiness**: Having a feeling of constant positive emotions.

**Kindness**: Being generous, considerate, and having a concern for others.

**Fun**: finding amusement, joy, and jubilance (laughter, a LOT of joy) in our lives.

**Dependability**: The quality of being able to be trusted by others or ourselves.

**Elegance**: Being graceful in our style, speech, mannerisms, or how we conduct ourselves.

**Control**: Being able to make the ultimate decision on a subject.

**Family**-**Oriented**: Being able to emphasize the entire family’s well-being over just one person in the family unit.

**Serenity**: Acceptance of who you are, where you are, and when you are to the point of being calm and relaxed when seen by others.

**Wisdom**: Discerning inner qualities and relationships through insight, experience, and knowledge.

**Courage:** Having fear or anxiety but continuing to do the right thing anyways.

**Uniqueness:** Being the only you.

**Intelligence:** Being able to acquire and apply knowledge and skills (Logical, emotional, existential, musical, verbal, and naturalistic are all types of intellect).

**Humility:** Understanding that we are all human and that no one person is better then another. Usually admitting this through understanding and accepting mistakes due to an understood lack of pride. Also, knowing we are all part of something much bigger (one human is part of all of humanity)

Please write in the following space your five most important values:

Now comes the hard part; Please give one example of when you both followed the path towards achieving each of those values in your life, as well as one example of when you did the opposite:

1: Positive:

Negative:

2: Positive:

Negative:

3: Positive:

Negative:

4: Positive:

Negative:

5: Positive:

Negative:

**SECTION 2:**

To truly begin to continue on the pathway towards achieving what you really value, you must be able to accept you did negative things but know that it does not define you. Your negative behaviors are NOT who you truly are. What matters is that you can make good decisions right now to move you closer and closer towards being able to look in the mirror and accept that what you see is what you value. Small changes add up over time. No drop of water thinks itself part of a tsunami, so starting to change small aspects of yourself here and there will slowly create a tsunami towards the change you want to see in yourself. You do not have to change everything all at once, nor should you expect that of yourself. It is best to go at a pace you can do.

Using the next blank page, write how you will begin to change small things in your life that are pushing you away from what you really value. Use all aspects of who you are, if possible, including your emotions, and behaviors, when expressing yourself. Read it back to yourself and see if you would change anything, then read it to a co-client later and see if it still makes sense to you then. Remember, this is all for you in the end, make sure the focus is on you and not others.