



Unpacking my VALUES - a practical tool for reflection and change

To understand a thing is the beginning of MASTERY of a thing . . . by knowing what is important to us we can identify WHAT WE WANT for our lives and areas where we are living in contradiction to our innermost core beliefs (which creates stress and inner conflict).

What is important to me? (can be people, things, activities or hobbies etc)	What value does this support?	What am I doing to support this value?	What am I doing which goes against this value?	How could I shift my behaviour to make it healthier for me and others?
<i>Eg I love animals – especially dogs</i>	<i>Love, kindness, sharing, care for other beings/nature , compassion</i>	<i>I have 3 rescue dogs</i>	<i>I refuse to assist at the local animal rescue centre because I hate seeing suffering</i>	<i>I could accept that some suffering is inevitable but that by my contribution at the centre I could reduce at least some suffering</i>

Examples of values: Dependability; Reliability; Loyalty; Commitment; Open-mindedness; Consistency; Honesty; Efficiency; Innovation; Creativity; Good humor; Compassion; Spirit, of, adventure; Motivation; Positivity; Optimism; Passion; Rpect; Fitness; Courage; Education; Perseverance; Patriotism; Service, to, others; Environmentalism