

## **EXERCISE: MY OWN VALUES**

### **1. WHICH THINGS ARE THE MOST IMPORTANT IN MY LIFE?**

Think about them and make a list. The matters on your list express your values.

Values can be general principles, personal guidelines, or everyday practicalities.

For example, cherishing close relationships and having a healthy lifestyle can be important to you and show your values.

## **2. ARE SOME OF THE VALUES I LISTED MORE IMPORTANT THAN OTHERS?**

You can put the values in order by numbering them, the most important value being number one etc. If numbering feels difficult, you can e.g. highlight them or use exclamation marks.

### **3. PRIORITISING VALUES IN MY EVERYDAY LIFE**

Think if your most important values show in your everyday life or do you act more according to your other values.

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