**Values**

One of the most important parts of psychological wellbeing are our **values**: the things we care about. These give us the motivation to do things which feel difficult, and give us direction when we aren’t sure what to do. What are some of your values? What are the things that really matter to you?

If you get stuck, think about someone you admire (from real life or fiction) and think about what it is that you admire about them

Rate how important the value is to you on a scale of 1-10 in the ‘importance’ column: 1 means that the value is not important and 10 means that the value is very important

Rate how satisfied you feel with this area of your life on a scale of 1-10 in the ‘satisfaction’ column: 1 means that you do not feel very satisfied, and 10 means that you do feel very satisfied

Don’t worry if you find this difficult to begin with, there are no ‘right answers’, and your answers will likely change over time

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| --- | --- | --- |
| **Values** | **Importance** | **Satisfaction** |
| **Family relations:** What sort of family member do you want to be? What personal qualities would you like to bring to those relationships? What sort of relationships would you like to build? How would you like behave towards your family? |  |  |
| **Marriage/couples/intimate relations:** What sort of partner would you like to be? What personal qualities would you like to develop? What sort of relationship would you like to build? What sort of partner would you be if you were the ‘ideal you’ in this relationship? |  |  |
| **Parenting/caring:** What sort of parent/carer would you like to be? What sort of qualities would you like to have? What sort of relationships would you like to build with the people you care for? How would you behave if you were the ‘ideal you’? |  |  |
| **Friendships/social life:** What sort of qualities would you like to bring to your friendships? If you could be the best friend possible, how would you behave towards your friends? What sort of friendships would you like to build? |  |  |
| **Career/occupation:** What do you value in your work? What would make it more meaningful? What kind of worker would you like to be? What personal qualities would you like to bring to your work? What sort of work relations would you like to build? |  |  |
| **Recreation/fun/leisure:** What sorts of hobbies, sports, or leisure activities do you enjoy? How do you relax and unwind? How do you have fun? What sorts of activities would you like to do? |  |  |
| **Education/personal development:** What do you value about learning, education, training, or personal growth? What new skills would you like to learn? What knowledge would you like to gain? What personal qualities would you like to apply? |  |  |
| **Spirituality:** Whatever spirituality means to you is fine. It may be as simple as communing with nature, or as formal as participation in an organised religious group. What is important to you in this area of life? |  |  |
| **Citizenship/environment/community life:** How would you like to contribute to your community or environment, e.g. through volunteering, or recycling, or supporting a group/ charity/ political party? What sort of environments would you like to contribute to? |  |  |
| **Health/physical well-being:** What are your values related to maintaining your physical well-being? How do you want to look after your health, with regard to sleep, diet, exercise, smoking, alcohol, etc? Why is this important? |  |  |
| *Add in your own if needed* |  |  |
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