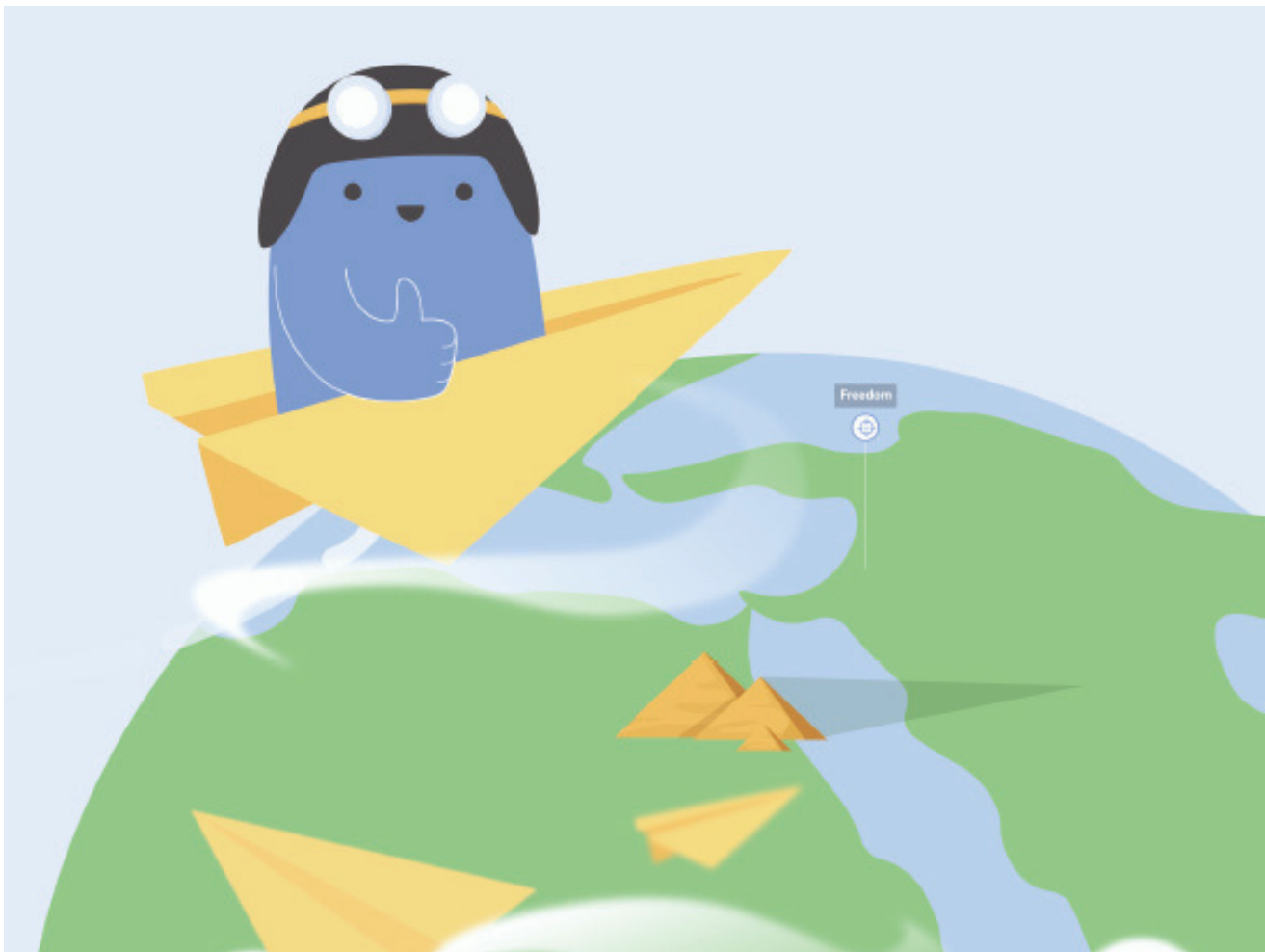


Worksheet 1.1 - Values and Direction

When we talk about values, we're talking about the things that are most important to you in life. Or, to put it another way, values are the personal principles and standards you choose to live by. Values provide you with direction like an inner compass. They can also motivate you to make essential changes when your current life direction contradicts these values.

When you aren't in touch with your values, you can find yourself behaving in ways that lead to dissatisfaction in the long term. These behaviors will only cause you inner conflict as they aren't consistent with the person you'd prefer to be.

This exercise aims to help you to become crystal clear about your personal values. This process can also increase your motivation to change behaviors that aren't aligned with your values and lead you away from the kind of life you'd like to live.



Worksheet 1.1 - Values and Direction (page 2 of 3)

Below are some common values. (They are not 'the right ones'; merely common ones.) Please read through the list and write a letter next to each value, based on how important it is to you: **V** = very important, **Q** = quite important, and **N** = not important.

- Acceptance/self-acceptance: to be accepting of myself, others, life, etc. _____
- Adventure: to be adventurous; to actively explore novel or stimulating experiences _____
- Assertiveness: to respectfully stand up for my rights and request what I want _____
- Authenticity: to be authentic, genuine, and real; to be true to myself _____
- Caring/self-care: to be caring toward myself, others, the environment, etc. _____
- Challenge: to keep challenging myself to grow, learn and improve. _____
- Compassion/self-compassion: to act kindly toward myself and others in pain _____
- Connection: to engage fully in whatever I'm doing and be fully present with others _____
- Contribution and generosity: to contribute, give, help, assist, or share _____
- Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty _____
- Creativity: to be creative or innovative _____
- Curiosity: to be curious, open-minded, and interested; to explore and discover _____
- Excitement: to seek, create, and engage in activities that are exciting or stimulating _____
- Fairness and justice: to be fair and just to myself or others _____
- Family: to have a happy, loving family _____
- Fitness: to maintain or improve or look after my physical and mental health _____
- Flexibility: to adjust and adapt readily to changing circumstances _____
- Freedom: to live freely; to choose how I live and behave _____
- Friendliness: to be friendly, companionable, or agreeable toward others _____
- Forgiveness/self-forgiveness: to be forgiving toward myself or others _____
- Fun: to be fun loving; to seek, create, and engage in fun-filled activities _____
- Gratitude: to be grateful for and appreciative of myself, others, and life _____
- Honesty: to be honest, truthful, and sincere with myself and others _____
- Industry: to be industrious, hardworking, and dedicated _____
- Intimacy: to open up, reveal, and share myself, emotionally or physically _____
- Kindness: to be kind, considerate, nurturing, or caring toward myself or others _____
- Love: to act lovingly or affectionately toward myself or others _____
- Order: to have a life that is well-ordered and organized _____
- Persistence and commitment: to continue resolutely, despite problems or difficulties _____
- Respect/self-respect: to treat myself and others with care and consideration _____
- Responsibility: to be responsible and accountable for my actions _____
- Safety: to secure, protect, or ensure my own safety or that of others _____
- Self-development: to keep growing in knowledge, skills, character, or life experiences _____
- Self-control: to act in accordance with my own ideals. _____
- Sensuality: to create, explore, and enjoy experiences that stimulate the senses _____
- Sexuality: to have an active and satisfying sex life _____
- Skillfulness: to continually practice and improve my skills _____
- Supportiveness: to be supportive, helpful and available to myself or others _____
- Torah: To learn and continually deepen my knowledge of Torah _____
- Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable _____
- Yiddishkeit/Judaism & Spirituality: to connect with Hashem, his Torah and Mitzvos _____
- Other: _____
- Other: _____

Worksheet 1.1 - Values and Direction (page 3 of 3)

Now go ahead and choose from the list above 7 or 8 values that are most important to you and to the right make a note of how your P&M habit might have interfered with your "living" that value.

VALUE	HOW MY CURRENT BEHAVIOR INTERFERES
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.

Finally, choose one or more of your core values and write a short passage on the changes you would like to make in your life to live more consistently with these personal values?

CORE VALUE #1

CORE VALUE #2
