**Exploring Values**

Values are your heart’s deepest desires for how you want to behave; the qualities you want to bring to your ongoing behaviour. They are not about what you want to get, have, achieve or complete. They describe how you want to behave right now, and on an ongoing basis; how you want to treat anyone or anything you interact with (including yourself); the qualities you want to embody in your own actions (and often want to encourage in others).

Getting clear on our values can help us to hold our own thoughts and emotions a bit more lightly, and act on longer-term values and goals rather than short term impulses, thoughts and feelings.

Have a read of [THIS](https://www.shannonlbeer.com/post/clarifying-your-values-how-do-you-want-to-live) article I wrote about how to clarify your values and how you want to live your life. You can read through a list of values [HERE](https://drive.google.com/file/d/1oexsenDmmf0VAeXkGN7031rMAZxOWhzA/view?usp=sharing) if you need some more prompts.

Note: there are no such things as ‘right values’ or ‘wrong values’. It’s like our taste in ice cream. If you prefer chocolate but I prefer vanilla, that doesn’t mean that my taste in ice cream is right and yours is wrong – or vice-versa. It simply means we have different tastes. Similarly, we may have different values.

Pick 3 to 5 of the MOST IMPORTANT VALUES that you would like to bring more consciously into the way you behave. Probably many of these values are important to you - the aim is to just pick 3 to 5 of the MOST IMPORTANT for this domain of life at this point in time.

1. **What 3-5 values are most important to you right now?**
2. **Describe what each value means to you:**
3. **What are you currently doing that improves your life in the long run?**
4. **What concerns stop you living according to your values?**
5. **What do you need to spend more time doing?**
6. **What do you need to spend less time doing?**

**Now explore the following to see how your health & fitness relates to your values:**

| **Valued Area** | **Example Values** | **What sort of person do you want to be in this area?** | **Importance**  **(0 to 10)** | **Effect of health & fitness** |
| --- | --- | --- | --- | --- |
| Health and fitness | Engaging in exercise; playing sport; caring for  myself; striving to be active, mobile, have strength,  endurance, flexibility, positive appearance, and  manage physical tension effectively; Challenging  myself; Running; Lifting; Playing; Dancing  Enjoying healthy food; Striving to eat in a way that  promotes sustained energy and healthy immune  function |  |  |  |
| Intimate  relationships | Caring; supporting; connecting; accepting; being  honest; opening up; nurturing; communicating well;  helping; loving; being assertive; being attentive;  being present; listening; having fun; being forgiving;  being kind |  |  |  |
| Friendship and  other relations | As for intimate relationships above |  |  |  |
| Personal development | Discovering, striving to understand, accomplishing,  improving, learning |  |  |  |
| Work | Achieving; contributing; being effective; resolving  disputes; having influence; building; creating |  |  |  |
| Community | Promoting justice; caring for the weak; helping others; lending a hand; improving or protecting the environment |  |  |  |
| Recreation | Enjoying music, art and/or drama; listening to playing  music; creating; adventuring; discovering; collecting;  building; enjoying food and drink; exploring;  inventing; fixing |  |  |  |
| Safety, security  and sustenance | Keeping myself and others safe from danger;  providing for myself and others |  |  |  |