

Clarify your values and set goals

From "The Happiness Trap" by Russ Harris



Value

- How you want to behave, deep in your heart
- A direction you want to keep moving in
- An ongoing process with no end

Goal

- Something you want to get, complete, have, own or achieve
- Once achieved, it's over and done with; completed.

This first exercise helps you explore and identify the things that are really important to you – what it is you value in life.

Record the importance of each **value** below –

V = very important

Q = quite important

N = not important

Tick which is true for you -

		V	Q	N
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			
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			
Co-operation	To be co-operative and collaborative with others			

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			
Encouragement	To encourage and reward behaviour that I value in myself or others			
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			
Fitness	To maintain or improve or look after my physical and mental health			
Flexibility	To adjust and adapt readily to changing circumstances			
Freedom and independence	To choose how I live and help others do likewise			
Friendliness	To be friendly, companionable, or agreeable toward others			
Forgiveness/self-forgiveness	To be forgiving toward myself or others			
Fun and humour	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			
Mindfulness	To be open to, engaged in, and curious about the present moment			
Order	To be orderly and organised			
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 and protection	To secure, protect, or ensure my own safety or that of others			
Sensuality and pleasure	To create or enjoy pleasurable and sensual experiences			
Sexuality	To explore or express my sexuality			
Skilfulness	To continually practice and improve my skills and apply myself fully			
Supportiveness	To be supportive, helpful, and available to myself or others			
Trust	To be trustworthy; to be loyal, faithful, sincere, and reliable			
Other...				

Having identified your values, how do they relate to the four domains below? Which value/s would you apply to these domains. What goal/s would you like to set for yourself? Start with one domain at a time and follow the instructions on the next page.

<p>Health – includes physical, psychological and spiritual</p> <p>Values -</p> <p>Goals -</p>	<p>Leisure – Includes fun and games, relaxation, sports, hobbies, creativity</p> <p>Values -</p> <p>Goals -</p>
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<p>Work/Education – Includes unpaid work (eg volunteering) and apprenticeships and self-education (eg reading books)</p> <p>Values -</p> <p>Goals -</p>	<p>Relationships – Includes friends, family, neighbours, co-workers etc</p> <p>Values -</p> <p>Goals -</p>
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Step 1 – summarize your values

Write down four or five of the most important values in this domain.

Step 2 – set an immediate goal

Boost your confidence by starting with a small, easy goal – one that can be accomplished today
Be specific

Step 3 – Set some short-term goals

What are some small things you can do over the coming days or weeks that are consistent with your values?

Lots of small steps add up

Step 4 – Set some medium-term goals

Now stretch yourself a bit further

Be specific

Step 5 – Set some long-term goals

What challenges will take me in my valued direction?

What would I like to do in the next 6 months, 1 year, 5 years, etc

Action Plans

Now break down your goals into an action plan.

- What smaller steps are required to complete this?
- What resources do I need?
- When, specifically, will I carry out these actions?

Example -

If your goal is to go to the gym three times a week your action plan might be to:

- ✓ Join the gym
- ✓ Get your gear together
- ✓ Plan the times you'll go

The resources you might need may be:

- ✓ Money for membership
- ✓ Gym gear
- ✓ A bag to put this in

Being specific may involve:

- ✓ I'll pack my bag now
- ✓ I'll join straight after work
- ✓ I'll do my first session there and then

If you don't have the resources, you can:

- Change your goal – I could go running; it's free
- Make an action plan to obtain the resources – I'll save up

Sometimes a resource is a skill –

You can:

- Plan how you will learn the skill
- Research/read, etc
- Take a course