

Values Exercises

Activity no 1 – What is core to who you are?

Think about yourself moving into the autumn/ winter of you life - imagine reaching quite an old age.

- ◆ What do you see yourself still being compelled to do?
- ◆ What is so fundamental to you that you cannot not do it?

Note down what comes to mind, for some you may identify certain activities e.g. doing the garden, for others you may think of descriptive qualities e.g. caring about others.

- ◆ Then ask yourself, why is doing this so important to you?

This last question is designed to identify the value you place on these fundamental activities/qualities

Activity no 2 – Stories from your life

Identify 2 or 3 projects or achievements you have completed in your life that gave you a real sense of satisfaction and fulfilment. They can be from any period or part of your life i.e. school, work, leisure, relationships etc.

- ◆ Write down your story of each of these achievements. What you did, how you did it.
- ◆ Review each story separately and as you read consider what it was about this achievement that gave you the satisfaction/fulfilment. This may bring out some values straight away.
- ◆ To go deeper ask yourself why is this so important to me?
- ◆ Having checked through each story, review the values that have emerged.

It is likely that any that is repeated will be core values. Check these out with yourself and see how they fit with who you are and how you live your life.

Activity no 3 – Anger & Passion

This is a quick one, but one to reflect on or notice your reactions from now on.

Consider

- ◆ What things make you angry? What is it about those things that annoy you? Why is that important to you?

E.g. I get angry when I see or hear of people being treated unfairly. This annoys me because I think we all have a right to fair treatment. This is important to me because I value equality.

- ◆ What do you find yourself getting passionate about? Why do you feel passionate about this?

E.g. I get passionate about certain pieces of music. The reason I do is because that music hits a chord with me emotionally and helps me release my feelings. What I value here is connection & expressiveness.

Activity no 4 – Symbols & Metaphor

One way to identify how we are living our lives in line with our values is to look at our environment and the physical symbols or metaphors that there are around us.

Select a material item that you truly love and brings you great pleasure. How does this item fit with who you are? What qualities does it possess that fit with your personal values?

E.g. I love my car and have done from the day I got it and feel it fits really well with who I am. Why? I bought it second hand, so that fitted with the value I place on recycling. It's a cabriolet, so the roof comes down and I can connect with fresh air and sunshine. Its quite fast so is fun to drive. It takes unleaded fuel so is less harmful on the environment. It has four seats so I can easily take passengers. The values it touches for me are mutual caring, fun, responsibility, connection, and support.