

Values in your Life

At times in life we can all get caught up in doing what we think needs doing at the expense of what is really important and meaningful to us. Over time doing this can stop us from focusing on the things that are really important to us and add to dissatisfaction. This exercise can help you to connect with what is really important so that you can make sure that you pay attention to this in your life.

Imagine that you are receiving an award. A good friend has been asked to make a speech about you. Think about things that you would like your friend to be saying about you. Think also about things that you spend time on that you hope they won't bother to mention in front of the large audience! Try to write something in each box below. Tick the things that you would be happy to hear your friend sharing in their speech about you. Use your answers to help you to focus each day on things that will help you to be the kind of person you would like to hear your friend talking about.

What do you do that is important and needs to be done. This may not necessarily say much about you as a person or be as meaningful as you think in the long term.

What do you do that feels meaningful or helps you to be the kind of person (eg friend, parent, student) you want to be? (This is about where you direct your effort and attention, not how much you can do).

What do you do that feels urgent because you are being asked to do it or telling yourself that you must, but could also be done by others just as well and isn't really adding to your life.

What do you do just to while away the time, or that you find unhelpful in the long term? You may wish to plan gradually trying to do a little less of this,