

PERSONAL VALUES

A Mind & Meaning Therapy Resource

Values are the things that matter most to you, deep down. They aren't the things other people want from you, and they aren't goals to tick off. They're more like a compass for life: they point you in a direction that feels right for you.

When people feel a sense of unhappiness, it is sometimes because the lives they are living do not align with their values. This worksheet asks you to think about your values and get a sense of whether your life is working for you right now. There are no wrong answers here. You are the expert on your own life.

HOW TO USE THIS WORKSHEET

STEP 1: WRITE WHAT MATTERS

There's a page for each of ten areas of life. On each one, write about who you want to be and how you want to act, in your own words. Think about how you want to be, rather than what you want to get.

STEP 3: NOTE DOWN WHAT GETS IN THE WAY

Fears, habits, time, money, lifestyle, other people, old stories about yourself. There is nothing to fix here, just acknowledge what gets in the way.

STEP 2: RATE IT HONESTLY

Select two numbers: how much this area matters to you, and how closely you're living it right now. 0 means not at all, 10 means completely. You're marking your own work, so be honest with yourself.

STEP 4: SMALL STEPS TO CHANGE

Pick a few small, realistic things you could do in the short term to move a little closer to what matters. Small changes are easier to commit to.

Some areas might not feel relevant to you right now, and some of the things that get in the way might not be things you can influence or control at the moment. That's OK, as we're just trying to observe what's happening.

A VALUE ISN'T THE SAME AS A GOAL

"Get a promotion" is a goal. Once it's done, it's done. "Bringing care and effort to my work" is a value. You can live it today, whether the promotion comes or not. Goals are useful, but values are what keep you going.

Values work like this comes from a model of therapy called "Acceptance and Commitment Therapy (ACT)" – which aims to enable people to live a life with more freedom and fulfilment.



AREA 1 OF 10

RELATIONSHIPS & INTIMACY

This is about the kind of partner you want to be and what you require from a partner in your life, whether you're in a relationship right now or not. Think about yourself and how you want to connect with another person on an intimate level.

WHAT MATTERS TO ME HERE

How do I want to treat the person closest to me? What does a good relationship feel like to me?

HOW MUCH DOES THIS MATTER TO ME?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = more than anything

HOW CLOSELY AM I LIVING IT RIGHT NOW?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = completely

WHAT GETS IN THE WAY?

SMALL STEPS I COULD TAKE



AREA 2 OF 10

FAMILY

Family can mean the one you were born into, the one you've chosen, or both. Some relationships feel easy, others are more complicated. Whatever yours look like, this is about the kind of family member you want to be, even with the people you find difficult.

WHAT MATTERS TO ME HERE

Who counts as family to me? How do I want to be with them? How do I want to make others feel?

HOW MUCH DOES THIS MATTER TO ME?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = more than anything

HOW CLOSELY AM I LIVING IT RIGHT NOW?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = completely

WHAT GETS IN THE WAY?

SMALL STEPS I COULD TAKE



AREA 3 OF 10

PARENTING

If you're a parent, or any other type of guardian, this is about the kind of person you want to be. If not, feel free to skip this page, or think about the young people in your life: nieces, nephews, or people who look up to you. What relationship do you want with those young people, and how do you hope they feel about you?

WHAT MATTERS TO ME HERE

What qualities do I want to show them? What do I want our relationship to feel like, now and in years to come? How do I want to be seen by them?

HOW MUCH DOES THIS MATTER TO ME?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = more than anything

HOW CLOSELY AM I LIVING IT RIGHT NOW?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = completely

WHAT GETS IN THE WAY?

SMALL STEPS I COULD TAKE



AREA 4 OF 10

FRIENDSHIPS

Friendships are often the first thing to take a back seat when life gets busy, yet they can be one of the most consistent relationships in our lives. What kind of friend do you want to be? And what sort of social life feels right for you? How do you think you are perceived as a friend?

WHAT MATTERS TO ME HERE

What makes a friendship matter to me? How would I like my friends to describe me?

HOW MUCH DOES THIS MATTER TO ME?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = more than anything

HOW CLOSELY AM I LIVING IT RIGHT NOW?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = completely

WHAT GETS IN THE WAY?

SMALL STEPS I COULD TAKE



AREA 5 OF 10

WORK & CAREER

We spend a huge part of our lives working, so it's worth asking what you want your work to stand for, beyond the pay and the job title. Think about the kind of worker, colleague or leader you want to be, or what your job or career means to you, if anything.

WHAT MATTERS TO ME HERE

What do I want to bring to my work? What do I want work to do for me? What kind of working relationships matter to me? Does my work bring me purpose or pleasure?

HOW MUCH DOES THIS MATTER TO ME?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = more than anything

HOW CLOSELY AM I LIVING IT RIGHT NOW?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = completely

WHAT GETS IN THE WAY?

SMALL STEPS I COULD TAKE



AREA 6 OF 10

LEARNING & PERSONAL GROWTH

This is about how you want to keep growing as a person. That might mean new skills or knowledge, a hobby you'd love to get good at, education and studying, physical health, or simply understanding yourself better. The work you're doing in therapy counts here too.

WHAT MATTERS TO ME HERE

What do I want to learn, or get better at? What kind of person am I growing into? Or am I happy with the progress I have made in life so far?

HOW MUCH DOES THIS MATTER TO ME?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = more than anything

HOW CLOSELY AM I LIVING IT RIGHT NOW?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = completely

WHAT GETS IN THE WAY?

SMALL STEPS I COULD TAKE



AREA 7 OF 10

LEISURE & FUN

Rest and play aren't luxuries; leisure time has been shown to improve overall satisfaction with life. Some people recharge through adventure and excitement, others through quiet and rest, and most of us need a bit of both.

What does proper downtime look like for you?

WHAT MATTERS TO ME HERE

What lights me up? What helps me really switch off? What have I stopped making time for? Do I really have enough leisure time, and how do I feel about that?

HOW MUCH DOES THIS MATTER TO ME?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = more than anything

HOW CLOSELY AM I LIVING IT RIGHT NOW?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = completely

WHAT GETS IN THE WAY?

SMALL STEPS I COULD TAKE



AREA 8 OF 10

HEALTH & BODY

This covers how you want to look after your body and your wellbeing: movement, sleep, food, rest, and the everyday care you give yourself. These aren't targets to hit, but a direction to take. It's about the relationship you want to have with your own body, and it's OK to include physical appearance, as this can be important to some.

WHAT MATTERS TO ME HERE

How do I want to treat my body? What does looking after myself really mean to me? Do I have worries and concerns about my health?

HOW MUCH DOES THIS MATTER TO ME?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = more than anything

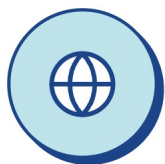
HOW CLOSELY AM I LIVING IT RIGHT NOW?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = completely

WHAT GETS IN THE WAY?

SMALL STEPS I COULD TAKE



AREA 9 OF 10

COMMUNITY & THE WIDER WORLD

This is about your place in something bigger than yourself: your street, your town, or the whole world. Think about subjects and causes that are dear to you. It might mean volunteering, speaking up for others, being a good neighbour, or living in a way that's a little kinder to the environment.

WHAT MATTERS TO ME HERE

How can I contribute to something that is important to me? What would I like to give back? How might I feel if I was part of a wider community?

HOW MUCH DOES THIS MATTER TO ME?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = more than anything

HOW CLOSELY AM I LIVING IT RIGHT NOW?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = completely

WHAT GETS IN THE WAY?

SMALL STEPS I COULD TAKE



AREA 10 OF 10

SPIRITUALITY & MEANING

For some people this means faith or religion. For others it's nature, creativity, art, a sense of connection, being uniquely you, or simply whatever gives life its meaning. However you understand it, this area is about what feels bigger and deeper than the day-to-day activities of life.

WHAT MATTERS TO ME HERE

What gives my life meaning? When do I feel connected to something bigger than me? What is my place in the world? Does life have real meaning? Or is there freedom in the idea that nothing really matters at all?

HOW MUCH DOES THIS MATTER TO ME?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = more than anything

HOW CLOSELY AM I LIVING IT RIGHT NOW?

0 1 2 3 4 5 6 7 8 9 10

0 = not at all · 10 = completely

WHAT GETS IN THE WAY?

SMALL STEPS I COULD TAKE

PUTTING IT TOGETHER

Now look back over what you've written. Copy your two scores for each area into the table, then subtract the numbers in the second column from the first to find the gaps in life. Where something matters a lot but isn't getting much of your time or energy, that's often the best place to start. Or perhaps you are focussing too much on things that don't mean a lot to you.

AREA OF LIFE	HOW MUCH IT MATTERS	HOW CLOSELY I'M LIVING IT	THE GAP
 Relationships & intimacy			
 Family			
 Parenting			
 Friendships			
 Work & career			
 Learning & personal growth			
 Leisure & fun			
 Health & body			
 Community & the wider world			
 Spirituality & meaning			

MY THREE MOST IMPORTANT VALUES RIGHT NOW

1 _____

2 _____

3 _____