

Definition of values and goals

Values are your ideas about what is most important to you in your life — what you want to live by and live for. They guide many of your actions and decisions. Many people with ongoing pain find that their pain and other symptoms are obstacles to doing activities that are personally important to them. You may still have values but may find that you are struggling to live according to these values.

Some examples of values

Being with people	Having pride or dignity
Being loved	Being well-organised
Being married	Achieving highly
Being competent	Being productively busy
Loving someone	Having enjoyable work
Learning and knowing a lot	Taking care of others
Having a special partner	Having someone's help
Being liked	Having a close family
Having an important position	Making money
Having good friends	Being popular
Striving for perfection	Making contribution to the world
Getting people's approval	Being appreciated
Fighting injustice	Living ethically
Being treated fairly	Being a good parent
Being admired	Making a home
Being a spiritual person	Being independent
Looking good	Having peace and quiet
Being courageous	Being healthy
Living fully	Having things in control
Preserving your roots	Having self-acceptance
Having financial security	Having it easy
Being emotionally stable	Not being taken advantage of
Having fun	Enjoying sensual pleasures
Being comfortable	Growing as a person
Avoiding boredom	Being physically fit
Having self-control	Having prized possessions
Being a creative person	Having a purpose
Having companionship	Holding on to what you have
Having deep feelings	

Goals are derived from your values and are tangible milestones that are clear indications of lives lived in tune with our values. Goals are specific actions, like retiring at age 65, learning a new language, going swimming on Thursdays, pruning the garden, going out for dinner, washing the car, visiting friends and family. Values clarification and the taking on of values as guides for action can help you to live a freer and fuller life.

Identifying values and what is important to you

Deciding what really matters to you is a hard task to undertake. The aim of the following exercises is for you to become fully conscious of the influence of your values, and to explore and honestly acknowledge what you truly value at this time in your life. You can be more self-directed and effective when you know which values you really choose to keep and live by as an adult, and which ones will get priority over others.

Identifying your values:

1. Get calm and relaxed
2. Be honest
3. Close your eyes and ask yourself what is really important in your life
4. (Look at the examples of values if you want some guidance here)
5. As you discover values that are meaningful to you, write them down
6. If you have more than 6 values, ask yourself if any of them are the same value
7. If you have fewer than 4 values, think about some more!

Not all of our values carry equal importance to us. Now rank your values on a scale 1-5, 1=not very important, 5=extremely important

Example of ranking our values:

Value	Rank 1-5
• Having a special partner	5
• Being productively busy	4
• Learning and knowing a lot	3
• Being healthy	4
• Having good friends	3

Don't be surprised if this is harder than you thought it would be. One or two values may come to mind quite quickly, some may need a bit of time to ponder on.

You may have found that the previous exercise was difficult to find what matters to you. Below we have two further exercises that may also help.

Bulls Eye

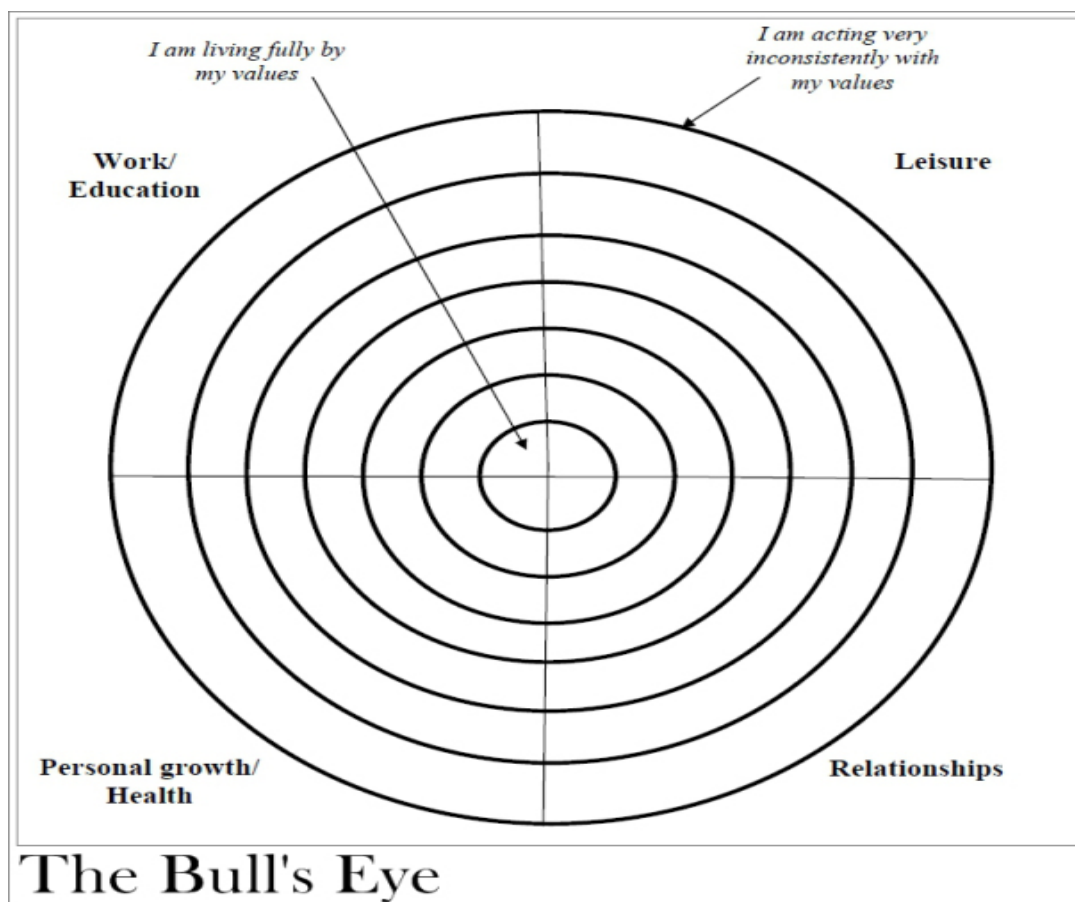
Your Values: What really matters to you, deep in your heart? What do you want to do with your time on this planet? What sort of person do you want to be? What personal strengths or qualities do you want to develop?

1. Work/Education: includes workplace, career, education, skills development, etc.

2. Relationships: includes your partner, children, parents, relatives, friends, co-workers, and other social contacts.

3. Personal Growth/Health: may include religion, spirituality, creativity, life skills, meditation, yoga, nature; exercise, nutrition, and/or addressing health risk factors like smoking, alcohol, drugs or overeating etc

4. Leisure: how you play, relax, stimulate, or enjoy yourself; activities for rest, recreation, fun and creativity.



Make an X in each area of the dart board, to represent where you stand today.

The Life Compass

In the main part of each large box, write a few key words about what is important or meaningful to you in this domain of life: What sort of person do you want to be? What do you want to do? What sort of qualities do you want to develop? What you want to stand for? (If a box seems irrelevant to you, that's okay: just leave it blank. If you get stuck on a box, then skip it, and come back to it later. And it's okay if the same words appear in several or all boxes.)

Then in the upper small square of each large box, mark on a scale of 0-10 how important these values are to you, at this point in your life. (0= no importance, 10= extremely important) (It's okay if several squares all have the same score.)

Finally, in the lower small square of each large box, mark on a scale of 0-10 how effectively you are living by these values right now. (0= not at all 10= living by them fully) (Again, it's okay if several squares all have the same score.)

<div>Family/ Relationship</div> <div></div> <div></div>	<div>Intimate Relationship</div> <div></div> <div></div>	<div>Home Responsibiliti</div> <div></div> <div></div>	<div>Work</div> <div></div> <div></div>	<div>Community/ Environment</div> <div></div> <div></div>
<div>Parenting</div> <div></div> <div></div>	<div>Personal Growth</div> <div></div> <div></div>	<div>Leisure /Social</div> <div></div> <div></div>	<div>Spirituality</div> <div></div> <div></div>	<div>Health</div> <div></div> <div></div>

Now have a good look at what you've written, what does this tell you about?

a) What is important in your life? b) What you are currently neglecting?