

5. **Values:** Chosen life directions: Your heart's deepest desires for the sort of person you want to be and the things you want to do in your time on this planet; what you want to stand for. Values give you motivation & inspiration, guide actions, and give life meaning.
6. **Committed Action:** Overt behavior in the service of values (may require skills training)
Committed action is: values-guided, effective & mindful

Homework (Please feel free to fill out the above 2 sheets and share for Tuesday evening's session):

1. Values and Goals worksheet
2. Bull's Eye Exercise.
3. Remember to Meditate!

Bull's-Eye

The Bull's Eye dartboard is divided into four areas of living that are important in people's lives: work/education, leisure, relationships and health.

- 1) **Work/Education** refers to your career aims, your values about improving your education and knowledge, and generally feeling of use to those close to you or to your community (i.e. volunteering, overseeing your household)
- 2) **Leisure** refers to how you play in your life, how you enjoy yourself, your hobbies or other activities that you spend your free time doing (i.e., gardening, sewing, coaching a children's soccer team, fishing, playing sports).
- 3) **Relationships** refers to the meaningful social connection in your life. This includes relationships with your children, your family, spouse/partner, your friends and social contacts in the community.
- 4) **Health** refers to physical activity, exercise, nutrition, buffering stress and addressing health risk factors like drinking, drug use, smoking, and maintaining a healthy weight.

In this exercise, you will be asked to look more closely at your personal values in each of these areas and write them out. Then, you will evaluate how close you are to living your life in keeping with your values. You will also take a closer look at the barriers or obstacles in your life that stand between you and the kind of life you want to live. Don't rush through this; just take your time.

Part 1. Identify Your Values

Start by describing your *values* within each of the four values areas. Think about each area in terms of your dreams, like you had the possibility to get your wishes completely fulfilled. What are the qualities that you would like to get out of each area and what are your expectations from these areas of your life? Your value should not be a specific goal but instead reflect a way you would like to live your life over time. For example, getting married might be a goal you have in life, but it just reflects your value of being an affectionate, honest and loving partner. To accompany your son to a baseball game might be a goal; to be an involved and interested parent might be the value.

Note! Write your value for each area on the lines provided below. It is *your* personal values that are important in this exercise.

Work/education:

Leisure:

Health:

Relationships:

Handout: Bullseye

Key Questions:

Who or what is most important to you?

Who and what brings you the most joy or meaning in your life? What are you most passionate about?

If pain was not present what would you be doing?

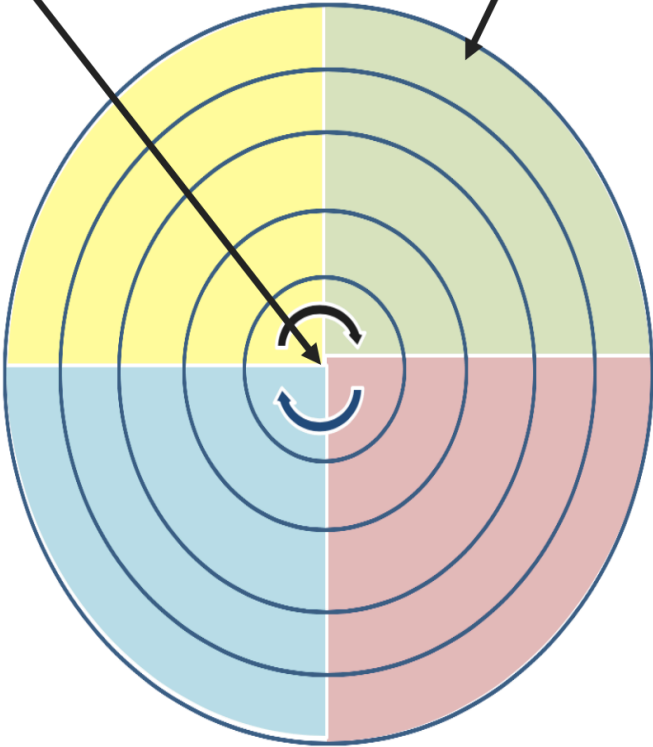
If you don't want pain in your life, then what do you want instead?

My life is just as I would like it to be

My life is far from how I want it to be

Health

Work/Education



Leisure

Relationships

Use this worksheet to identify activities you will commit to in the service of your values and goals

What is the activity that I am committing to undertake?

How will this move me towards my values and goals?

What avoidance behaviors am I willing to suspend in the service of my values and goals?

What unpleasant thoughts, feelings, sensations am I willing to make room for when completing the activity?

Metaphors to use: Magic Wand

If I had a magic wand and could make all your pain go away what would you be doing?

Compass

Values are like a compass. A compass gives you a direction to follow, keeps you on track, and prevents you

from getting lost. And our values do the same for the journey of life. We use them to choose the direction in

which we want to move and to keep us on track as we go. So, when you act on a value, it's like heading west or

heading toward the sunset. No matter how far west you travel, you never get there, there's always further to go.

It is the same with the sunset, you can never reach it, it never goes away and is always something you are

moving towards. But goals are like the things you try to achieve on your journey, they're like the sights you

want to see or the mountains you want to climb while you keep on traveling.