

What Matters to Me

Separate the values you hold from the ones you were handed

Values are what matter most to you. They shape your choices, what energises you and what wears you down. When life lines up with them, even hard things feel worthwhile. When it does not, people often feel frustrated, flat or guilty without knowing why.

Activities are not values. If you love running, the value underneath might be health, achievement or time alone. Look for the reason behind the activity.

IF YOU NEED HELP NOW

If there is an immediate risk to life, call **999**. The Samaritans are available free, 24 hours a day, on **116 123**. In England, NHS 111 (option 2) connects to an urgent mental health service.

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The values you were handed

What have you been told you should do, be or want? Where did it come from?

"I SHOULD..."	WHERE THIS CAME FROM

Some of these will be genuinely yours. Others belong to a parent, a school, a profession or an old boss. Cross out any you would not choose for yourself today.

What you choose

EXERCISE

Finding your values

1. Times I have felt most alive or proud. What was happening?

2. What do I spend time, energy and money on when no one is directing me?

3. What makes me angry? (It often points to a value being crossed.)

To prompt you: achievement, adventure, autonomy, belonging, creativity, fairness, family, freedom, growth, health, honesty, kindness, learning, loyalty, recognition, security, service.

MY TOP FIVE VALUES	HOW WELL MY LIFE REFLECTS THIS (0 TO 10)	ONE SMALL CHANGE THAT WOULD HELP
1		
2		
3		
4		
5		