



Values Clarification Exercise

Below is a list of common values. While you are likely to see many of them as attractive, take a highlighter, pen, or pencil and make note of those that *feel* especially important to you – ones that really resonate. Focus on values you would like to develop – those that you want to make matter, cultivate in yourself or reconnect with (try to aim for 10 or less).

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|-----------------|------------------|--------------------|------------------------------|
| Acceptance | Fitness | Money | Sexuality |
| Accomplishment | Flair | Nutritious eating | Simplicity |
| Accountability | Flexibility | Open-mindedness | Skillfulness |
| Achievement | Focus | Openness | Spirituality |
| Adventure | Forgiveness | Orderliness | Spontaneity |
| Assertiveness | Freedom | Passion | Stability |
| Authenticity | Friendliness | Patience | Status |
| Beauty | Fun | Perfection | Structure |
| Body positivity | Generosity | Persistence | Success |
| Calm | Gratitude | Personal choice | Teamwork |
| Challenge | Greatness | Physical health | Time management |
| Change | Growth | Physical activity | Tolerance |
| Comfort | Happiness | Pleasure | Tradition |
| Commitment | Hard work | Power | Transformation |
| Communication | Harmony | Practicality | Trust |
| Community | Health | Problem-solving | Truth |
| Compassion | Honesty | Progress | Unity |
| Competence | Humility | Prosperity | Variety |
| Competition | Humour | Purpose | Wealth |
| Conformity | Independence | Quality of life | Wellbeing |
| Connection | Individuality | Reciprocity | Wisdom |
| Consistency | Industry | Recognition | |
| Cooperation | Inner peace | Relationships | Insert your own values here: |
| Courage | Innovation | Reliability | _____ |
| Creativity | Integrity | Resourcefulness | _____ |
| Curiosity | Intimacy | Respect for self | _____ |
| Decisiveness | Intuition | Respect for others | _____ |
| Discipline | Intuitive eating | Responsibility | _____ |
| Discovery | Joyful movement | Results | _____ |
| Diversity | Justice | Romance | _____ |
| Effectiveness | Kindness | Safety | _____ |
| Empowerment | Knowledge | Satisfaction | _____ |
| Equality | Leadership | Security | _____ |
| Excellence | Learning | Self-awareness | _____ |
| Excitement | Love | Self-care | _____ |
| Exercise | Loyalty | Self-compassion | _____ |
| Fairness | Meaning | Self-development | _____ |
| Faith | Mindfulness | Self-nurturing | _____ |
| Family | Modelling | Service | _____ |



weight management psychology

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Distilling values

Let's concentrate them further. Transcribing the values you noted on the previous page into the box below, you may find that a few don't 'make the cut'. They may be values that seemed important but don't have the same *zing* as the others, ones that seemed like a 'good idea' but are not actually that important to you, or values that, on reflection, you're already living out pretty well. End up with a list of less than seven.

Creating super values

Your values may group together. If so, they are likely expressions of the same core value - what I call a 'super value'. For example, *empowerment*, *freedom* and *personal choice* may go together. If it makes sense to you, group your values into super values. You can use the word that best describes the value for you (e.g. *freedom*) or a combination of the words (e.g. *empowerment-freedom-choice*). If a value sits on its own, it is likely that it is its own super value. Write your super values below, aiming for three or less.



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Linking Values with Goals

Do any of these values relate to your goals? You may be able to find values that marry up with specific goals (e.g. from your whole-person goals sheet, *nutritious eating* may be a value relating to a goal of *reducing blood sugar levels*). If you identify specific values underlying certain goals, being mindful of the value as well as the goal can help you develop a deeper internal motivation for those goals – a ‘double motivation’ that can make all the difference when you are making choices that relate to those goals and values.

<p style="text-align: center;">Goal 1</p> <p>(from Whole-Person Goals sheet)</p> <hr/> <p>Value(s) underneath goal</p> <hr/>	<p style="text-align: center;">Goal 2</p> <p>(from Whole-Person Goals sheet)</p> <hr/> <p>Value(s) underneath goal</p> <hr/>
<p style="text-align: center;">Goal 3</p> <p>(from Whole-Person Goals sheet)</p> <hr/> <p>Value(s) underneath goal</p> <hr/>	<p style="text-align: center;">Goal 4</p> <p>(from Whole-Person Goals sheet)</p> <hr/> <p>Value(s) underneath goal</p> <hr/>

Your super values aren't to sit in a drawer collecting dust. They are to bring forth from the dark recesses of your unconscious and out into the world! To bring them into reality, you must find ways to remain mindful of them. The simplest way to do this is with a prompt. This powerful psychological strategy bridges the gap between *who you want to be* and *who you actually are* - bringing your values to life! A values prompt can be anything, including an affirmation, dream board, ritual, object, computer password or screen saver, or anything else that reminds you of the important values you want to cultivate in your life.

My values prompt