



**'Values' skill enables us to identify and follow our chosen life directions, both during distress and in order to find meaning and purpose in life.**



Values are the things that really matter to us. They are the direction we have decided that we want to travel in our life. Goals are the things we achieve along the way.

Knowing our values helps to guide us and helps us make decisions, big and small. Working in the service of our values gives our life meaning and purpose.

When we are not following our values, we feel uncomfortable inside. Our 'internal compass', lets us know that we have strayed off course.

For example: If my life value is 'Healthy Eating' my goals may include eating five pieces of fruit or vegetables a day. If I then eat ten bars of chocolate, my 'internal compass' tells me that the chocolate does not fit with my values, and I will feel bad about myself.

Life Value	Not at all important	Quite important	Very important	A must!
Relationships <i>Friends, romantic, family</i>				
Achievement / Education				
Work & Career				
Enjoyment & Leisure				
Spirituality & Faith				
Helping others / Making a difference <i>Community, voluntary work, giving</i>				
Creativity & Arts <i>Music, painting, designing etc</i>				
Connecting with Nature				
Self-development & care <i>Exercise, healthy eating, life skills</i>				