

HANDOUTS – MF Week 4 of 5 week

HANDOUT WK 4-1 Examples of Values list re-visited.

1. Acceptance/self-acceptance: to be accepting of myself, others, life, etc.
2. Adventure: to be adventurous; to actively explore novel or stimulating experiences
3. Assertiveness: to respectfully stand up for my rights and request what I want
4. Authenticity: to be authentic, genuine, and real; to be true to myself
5. Caring/self-care: to be caring toward myself, others, the environment, etc.
6. Compassion/self-compassion: to act kindly toward myself and others in pain
7. Connection: to engage fully in whatever I'm doing and be fully present with others
8. Contribution and generosity: to contribute, give, help, assist, or share
9. Cooperation: to be cooperative and collaborative with others
10. Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty
11. Creativity: to be creative or innovative
12. Curiosity: to be curious, open-minded, and interested; to explore and discover
13. Encouragement: to encourage and reward behavior that I value in myself or others
14. Excitement: to seek, create, and engage in activities that are exciting or stimulating
15. Fairness and justice: to be fair and just to myself or others
16. Fitness: to maintain or improve or look after my physical and mental health
17. Flexibility: to adjust and adapt readily to changing circumstances
18. Freedom and independence: to choose how I live and help others do likewise
19. Friendliness: to be friendly, companionable, or agreeable toward others
20. Forgiveness/self-forgiveness: to be forgiving toward myself or others
21. Fun and humor: to be fun loving; to seek, create, and engage in fun-filled activities
22. Gratitude: to be grateful for and appreciative of myself, others, and life
23. Honesty: to be honest, truthful, and sincere with myself and others
24. Industry: to be industrious, hardworking, and dedicated
25. Intimacy: to open up, reveal, and share myself, emotionally or physically
26. Kindness: to be kind, considerate, nurturing, or caring toward myself or others
27. Love: to act lovingly or affectionately toward myself or others
28. Mindfulness: to be open to, engaged in and curious about the present moment
29. Order: to be orderly and organized
30. Persistence and commitment: to continue resolutely, despite problems or difficulties.
31. Respect/self-respect: to treat myself and others with care and consideration
32. Responsibility: to be responsible and accountable for my actions
33. Safety and protection: to secure, protect, or ensure my own safety or that of others
34. Sensuality and pleasure: to create or enjoy pleasurable and sensual experiences
35. Sexuality: to explore or express my sexuality
36. Skillfulness: to continually practice and improve my skills and apply myself fully
37. Supportiveness: to be supportive, helpful and available to myself or others
38. Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable
39. Other _____

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HANDOUT WK 4-2 – CLARIFYING YOUR VALUES

(Lundgren, T., Luoma, J. B., Dahl, J., Strosahl, K., & Melin, L. (2012). The Bulls-Eye Values Survey: A Psychometric Evaluation. *Cognitive and Behavioral Practice*, 19(4), 518–526.)

THE BULL'S EYE:

The dartboard on the next page is divided into four important domains of life: work/education, leisure, relationships and personal growth/health. To begin with, please write down your values in these 4 areas of life. Not everyone has the same values, and this is not a test to see whether you have the 'correct' ones. Think in terms of general life directions rather than in terms of specific goals. Also, you may use the words 'to be' in front of it this may help you identify a values vs a goal. A goal is something you 'do'. There may be some overlap (eg if you value studying psychology, that may come under both Education and Personal Growth. Write down what you would value if there were nothing in your way, nothing stopping you. What's important? What do you care about? And what you would like to work towards? Your values should not be a specific goal but instead reflect a way you would like to live your life over time. For example, to accompany your son to a football game might be goal; to be an involved and interested parent might be the underlying value. NOTE: make sure they are YOUR values, not someone else's. It is your personal values that are important!

- 1. Work/Education** refers to your workplace & career, education and knowledge, skills development. This may include volunteering and other forms of unpaid work). How do you want to **be** towards your clients, customers, colleagues, employees, fellow worker? What personal qualities do you want to bring to your work? What skills do you want to develop? _____

- 2. Relationships:** refers to intimacy, closeness, friendship and bonding in your life: it includes relationships with your partner, children, parents, relatives, friends, co-workers, and other social contacts. What sort of relationships do you want to build? How do you want to **be** in these relationships? What personal qualities do you want to develop? _____

- 3. Personal Growth/Health** refers to your ongoing development as a human being. This may include organized religion, personal expressions of spirituality, creativity, developing life skills, meditation, yoga, getting out into nature, exercise, nutrition, and addressing health risk factors? _____

- 4. Leisure:** refers to how you play, relax, stimulate, or enjoy yourself; your hobbies or other activities for rest, recreation, fun and creativity.

? _____

HANDOUT WK 4-3

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?

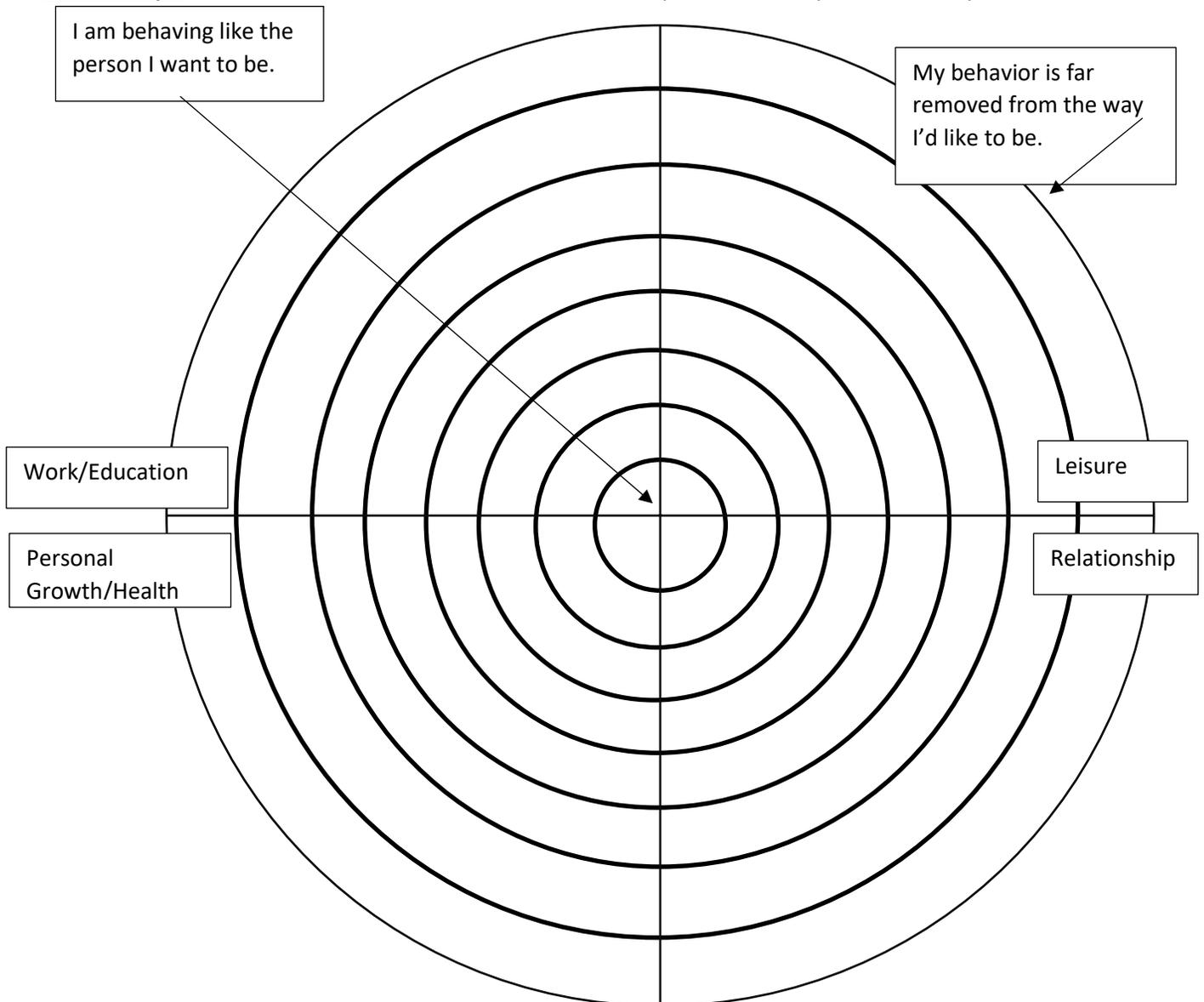
1. Work/Education: Includes workplace, career, education, skills development, etc.

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.

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



HANDOUT WK 4-4 (S.M.A.R.T Goals – Trademark of the Meyers Resource Group In. 2007)

SMART Goal Setting Guide Sheet

The following are components of an effective goal – one that describes performance standards that will “tell us what good behavior looks like.” The SMART acronym can help us remember these components.

Specific - The goal should identify a specific action or event that will take place.

Measurable - The goal and its benefits should be quantifiable.

Achievable - The goal should be attainable given available resources.

Realistic - The goal should require you to stretch some but allow the likelihood of success.

Timely - The goal should state the time period in which it will be accomplished.

Here are some tips that can help you set effective goals:

1. Develop several goals. A list of five to seven items gives you several things to work on over a period of time.
2. State goals as declarations of intention, not items on a wish list. "I want to apply to three schools" lacks power. "I will apply to three schools," is intentional and powerful.
3. Attach a date to each goal. State what you intend to accomplish and by when. A good list should include some short-term and some long-term goals. You may want a few goals for the year, and some for two- or three-month intervals.
4. Be specific. "To find a job" is too general; "to find and research five job openings before the end of the month" is better. Sometimes a more general goal can become the long-term aim, and you can identify some more specific goals to take you there.
5. Share your goals with someone who cares if you reach them. Sharing your intentions with your parents, your best friend, or your teacher will help ensure success.
6. Write down your goals and put them where you will see them. The more often you read your list, the more results you get.
7. Review and revise your list. Experiment with different ways of stating your goals. Goal setting improves with practice, so play around with it.

My goal is to (be specific):

The values underlying my goal are:

The actions I will take to achieve that goal are (be specific):

The thoughts/memories, feelings, sensations, urges I'm willing to make room for (in order to achieve this goal):

- Thoughts/memories:
- Feelings:
- Sensations:
- Urges:

- It would be useful to remind myself that:

- If necessary, I can break this goal down into smaller steps, such as:

- The smallest, easiest step I can begin with is:

- The time, day and date that I will take that first step, is: