



Syracuse Integrative Psychiatry

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Clarifying Values and Making Life Changes

What are values?

Values are your heart's deepest desires for how you want to behave, what you want to stand for, and how you want to treat yourself, others, and the world. They're like a compass—they give you direction even when the path is difficult.

Values are NOT:

- Goals (goals can be completed; values are ongoing)
- Feelings (feelings change; values are chosen directions)
- "Shoulds" from others (values come from your heart, not external pressure)

Part 1: A Quick Look at Your Values

Values are your heart's deepest desires for how you want to behave as a human being. They describe how you want to treat yourself, others, and the world around you. There are literally hundreds of different values, but below you'll find a list of the most common ones.

Instructions:

1. Read through the list and rate each value as **V** (Very important), **Q** (Quite important), or **N** (Not so important).
2. Go through all the **Vs**, and select out the **top six** that are most important to you.
3. Write those six values at the bottom of the page.

1. Acceptance

to be open to and accepting of myself, others, life etc.

Rating: ____

2. Adventure

to be adventurous; to actively seek, create, or explore novel or stimulating experiences

Rating: ____

3. Assertiveness

to respectfully stand up for my rights and request what I want

Rating: ____

4. Authenticity

to be authentic, genuine, real; to be true to myself

Rating: ____

5. Beauty

to appreciate, create, nurture or cultivate beauty in myself, others, the environment etc.

Rating: ____

6. Caring

to be caring towards myself, others, the environment etc.

Rating: ____

7. Challenge

to keep challenging myself to grow, learn, improve

Rating: ____

8. Compassion

to act with kindness towards those who are suffering

Rating: ____

9. Connection

to engage fully in whatever I am doing, and be fully present with others

Rating: ____

10. Contribution

to contribute, help, assist, or make a positive difference to myself or others

Rating: ____

11. Conformity

to be respectful of and obedient to rules and obligations

Rating: ____

12. Cooperation

to be cooperative and collaborative with others

Rating: ____

13. Courage

to be courageous or brave; to persist in the face of fear, threat, or difficulty

Rating: ____

14. Creativity

to be creative or innovative

Rating: ____

15. Curiosity

to be curious, open-minded and interested; to explore and discover

Rating: ____

16. Encouragement

to encourage and reward behavior that I value in myself or others

Rating: ____

17. Equality

to treat others as equal to myself, and vice-versa

Rating: ____

18. Excitement

to seek, create and engage in activities that are exciting, stimulating or thrilling

Rating: ____

19. Fairness

to be fair to myself or others

Rating: ____

20. Fitness

to maintain or improve my fitness; to look after my physical and mental health and wellbeing

Rating: ____

21. Flexibility

to adjust and adapt readily to changing circumstances

Rating: ____

22. Freedom

to live freely; to choose how I live and behave, or help others do likewise

Rating: ____

23. Friendliness

to be friendly, companionable, or agreeable towards others

Rating: ____

24. Forgiveness

to be forgiving towards myself or others

Rating: ____

25. Fun

to be fun-loving; to seek, create, and engage in fun-filled activities

Rating: ____

26. Generosity

to be generous, sharing and giving, to myself or others

Rating: ____

27. Gratitude

to be grateful for and appreciative of the positive aspects of myself, others and life

Rating: ____

28. Honesty

to be honest, truthful, and sincere with myself and others

Rating: ____

29. Humor

to see and appreciate the humorous side of life

Rating: ____

30. Humility

to be humble or modest; to let my achievements speak for themselves

Rating: ____

31. Industry

to be industrious, hard-working, dedicated

Rating: ____

32. Independence

to be self-supportive, and choose my own way of doing things

Rating: ____

33. Intimacy

to open up, reveal, and share myself -- emotionally or physically
– in my close personal relationships

Rating: ____

34. Justice

to uphold justice and fairness

Rating: ____

35. Kindness

to be kind, compassionate, considerate, nurturing or caring
towards myself or others

Rating: ____

36. Love

to act lovingly or affectionately towards myself or others

Rating: ____

37. Mindfulness

to be conscious of, open to, and curious about my here-and-now
experience

Rating: ____

38. Order

to be orderly and organized

Rating: ____

39. Open-mindedness

to think things through, see things from other's points of view,
and weigh evidence fairly

Rating: ____

40. Patience

to wait calmly for what I want

Rating: ____

41. Persistence

to continue resolutely, despite problems or difficulties

Rating: ____

42. Pleasure

to create and give pleasure to myself or others

Rating: ____

43. Power

to strongly influence or wield authority over others, e.g. taking
charge, leading, organizing

Rating: ____

44. Reciprocity

to build relationships in which there is a fair balance of giving
and taking

Rating: ____

45. Respect

to be respectful towards myself or others; to be polite,
considerate and show positive regard

Rating: ____

46. Responsibility

to be responsible and accountable for my actions

Rating: ____

47. Romance

to be romantic; to display and express love or strong affection

Rating: ____

48. Safety

to secure, protect, or ensure safety of myself or others

Rating: ____

49. Self-awareness

to be aware of my own thoughts, feelings and actions

Rating: ____

50. Self-care

to look after my health and wellbeing, and get my needs met

Rating: ____

51. Self-development

to keep growing, advancing or improving in knowledge, skills, character, or life experience

Rating: ____

52. Self-control

to act in accordance with my own ideals

Rating: ____

53. Sensuality

to create, explore and enjoy experiences that stimulate the five senses

Rating: ____

54. Sexuality

to explore or express my sexuality

Rating: ____

55. Spirituality

to connect with things bigger than myself

Rating: ____

56. Skilfulness

to continually practice and improve my skills, and apply myself fully when using them

Rating: ____

57. Supportiveness

to be supportive, helpful, encouraging, and available to myself or others

Rating: ____

58. Trust

to be trustworthy; to be loyal, faithful, sincere, and reliable

Rating: ____

59. Other:

Rating: ____

60. Other:

Rating: ____

My Top 6 Values

These are the values I want to stand for as a human being:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Part 2: Unlimited Confidence

Please take as long as you need to read through and carefully consider the important questions that follow. Then complete the written section below.

In a world where you had unlimited confidence:

- How would you behave differently?
- How would you walk and talk differently?
- How would you play, work and perform differently?
- How would you treat others differently: your friends, relatives, partner, parents, children and work colleagues?
- How would you treat yourself differently?
- How would you treat your body?
- How would you talk to yourself?
- How would your character change?
- What sort of things would you start doing?
- What would you stop doing?
- What goals would you set and work towards?
- What difference would your new-found confidence make in your closest relationships, and how would you behave differently around those people?
- What difference would your new-found confidence help you to make in the world?

Part 3: The Life Change List

Now please write your answers below. If there's lots of overlap between your answers – good! That's to be expected; it points you to core values.

As I develop genuine confidence...

Here are some ways I will act differently:

Here are some ways I will treat others differently:

Here are some ways I will treat myself differently:

Here are some personal qualities and character strengths I will develop and demonstrate to others:

Here are some ways I will behave differently in close relationships with friends and family:

Here are some ways I will behave differently in relationships involving work, education, sport or leisure:

Here are some important things I will 'stand for':

Here are some activities I will start or do more of:

Here are some goals I will work towards:

Here are some actions I will take to improve my life:

