What matters

Session 1 of 4 in a skills group from Everyday Insight. The values come from the Personal Values Card Sort.

NAME

DATE

Values are not rules, and they are not goals. A goal is something you can finish and check off, like getting the certificate or paying off the card. A value is a direction you keep choosing for as long as you're alive. Nobody ever finishes being a caring person or an honest one.

Over four sessions, you'll choose one value and work with it in four ways: noticing it, making room for it in your days, testing what gets in its way, and looking at the thoughts that keep you stuck.

Goals and values

Most goals have a value underneath them. Write a few of your goals on the left and the value under each one on the right.

A GOAL, SOMETHING I CAN FINISH	THE VALUE UNDERNEATH IT
Get my license back	Independence
Call my sister on Sunday	Caring

How it works

1. **First pass, check.** On the next page, check anything that matters to you at all. Don't limit yourself.
2. **Second pass, star.** Go back through what you checked and star the ones that are very important.
3. **Choose five.** From your stars, write down the five you would keep if you could keep only five.
4. **Choose one to carry.** Pick one of your five to work with for all four sessions, and write what it looks like when you're living it.
5. **Notice.** Before the next session, notice one moment each day when that value shows up, even briefly, and write it down.

Before you start

- There are no right answers, and nobody has to see your list.
- If you feel a pull to pick what you think you should value, set it aside and choose for yourself.
- You never have to share. If you talk in the group, you can talk about what this was like without saying what you chose.

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What matters

☐ **First pass.** Check anything that matters to you at all. ☆ **Second pass.** Star the ones that are very important.

Connection and relationships

☐ ☆ Caring ☐ ☆ Compassion ☐ ☆ Cooperation ☐ ☆ Courtesy ☐ ☆ Faithfulness
☐ ☆ Family ☐ ☆ Forgiveness ☐ ☆ Friendship ☐ ☆ Generosity ☐ ☆ Helpfulness
☐ ☆ Intimacy ☐ ☆ Loved ☐ ☆ Loving ☐ ☆ Monogamy ☐ ☆ Nurturance
☐ ☆ Romance ☐ ☆ Service ☐ ☆ Sexuality ☐ ☆ Tolerance

Self and inner life

☐ ☆ Acceptance ☐ ☆ Self-Acceptance ☐ ☆ Self-Esteem ☐ ☆ Self-Knowledge ☐ ☆ Genuineness
☐ ☆ Inner Peace ☐ ☆ Mindfulness ☐ ☆ Hope ☐ ☆ Humility ☐ ☆ Humor
☐ ☆ Self-Control ☐ ☆ Solitude

Growth, learning, and purpose

☐ ☆ Growth ☐ ☆ Purpose ☐ ☆ Knowledge ☐ ☆ Creativity ☐ ☆ Openness
☐ ☆ Challenge ☐ ☆ Mastery ☐ ☆ Achievement ☐ ☆ Industry ☐ ☆ Spirituality
☐ ☆ God's Will

Integrity and contribution

☐ ☆ Honesty ☐ ☆ Dependability ☐ ☆ Responsibility ☐ ☆ Duty ☐ ☆ Commitment
☐ ☆ Virtue ☐ ☆ Justice ☐ ☆ Contribution ☐ ☆ World Peace ☐ ☆ Ecology
☐ ☆ Accuracy ☐ ☆ Rationality ☐ ☆ Realism ☐ ☆ Non-Conformity

Vitality, joy, and adventure

☐ ☆ Adventure ☐ ☆ Excitement ☐ ☆ Change ☐ ☆ Risk ☐ ☆ Fun
☐ ☆ Pleasure ☐ ☆ Leisure ☐ ☆ Passion ☐ ☆ Beauty ☐ ☆ Flexibility

Stability, health, and security

☐ ☆ Health ☐ ☆ Fitness ☐ ☆ Safety ☐ ☆ Stability ☐ ☆ Order
☐ ☆ Comfort ☐ ☆ Moderation ☐ ☆ Simplicity ☐ ☆ Tradition ☐ ☆ Wealth

Autonomy, influence, and recognition

☐ ☆ Autonomy ☐ ☆ Independence ☐ ☆ Authority ☐ ☆ Power ☐ ☆ Fame
☐ ☆ Popularity ☐ ☆ Attractiveness
☐ ☆ Other ☐ ☆ Other

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1 My five

From your starred values, the five you would keep if you could keep only five.

1 _____ 2 _____ 3 _____ 4 _____ 5 _____

2 The value I'm carrying

Choose one of your five to work with for all four sessions. Pick the one you'd most like to see more of in your days.

THE VALUE

WHAT IT LOOKS LIKE WHEN I'M LIVING IT, SOMETHING SOMEONE COULD SEE ME DO

3 Noticing

Before the next session, write down one moment each day when this value showed up, even briefly. You're not trying to do more of anything yet. Just notice.

DAY	WHEN MY VALUE SHOWED UP

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