Value-in-Action Guide

“Values are your heart’s deepest desires for how you want to behave as a human being. Values are not about what you want to get or achieve; they are about how you want to behave or act on an ongoing basis; how you want to treat yourself, others, the world around you.” (Dr Russ Harris – Acceptance & Commitment Therapy Expert)

In addition to setting goals and targets, choose a few values you’d like to cultivate or show while working on an important task or project. Focus on these values over the next few weeks and keep an eye on your emotional well-being as you go.

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| Values | Descriptions | Your Choice |
| Acceptance | to be open to and accepting of myself, others, life etc |  |
| Adventure | to be adventurous; to actively seek, create, or explore novel or stimulating experiences |  |
| Beauty | to appreciate, create, nurture or cultivate beauty in myself, others, the environment etc |  |
| Challenge / Growth | to keep challenging myself to grow, learn, improve |  |
| Connection / Presence | to engage fully in whatever I am doing, and be fully present with others |  |
| Contribution | to contribute, help, assist, or make a positive difference to myself or others |  |
| Cooperation | to be cooperative and collaborative with others |  |
| Courage | to be courageous or brave; to persist in the face of fear, threat, or difficulty |  |
| Creativity | to be creative or innovative |  |
| Curiosity | to be curious, open-minded and interested; to explore and discover |  |
| Flexibility | to adjust and adapt readily to changing circumstances |  |
| Forgiveness | to be forgiving towards myself or others |  |
| Fun | to be fun-loving; to seek, create, and engage in fun-filled activities |  |
| Gratitude | to be grateful for and appreciative of the positive aspects of myself, others and life |  |
| Honesty | to be honest, truthful, and sincere with myself and others |  |
| Humility | to be humble or modest; to let my achievements speak for themselves |  |
| Kindness | to be kind, compassionate, considerate, nurturing or caring towards myself or others |  |
| Patience | to wait calmly for what I want |  |
| Persistence | to continue resolutely, despite problems or difficulties. |  |
| Respect | to be respectful towards myself or others; to be polite, considerate and show positive regard |  |
| Responsibility | to be responsible and accountable for my actions |  |
| Safety | to secure, protect, or ensure safety of myself or others |  |
| Self-awareness | to be aware of my own thoughts, feelings and actions |  |
| Spirituality | to connect with things bigger than myself |  |

Extracted from Dr Russ Harris’s “A Quick Look at Your Values”