

## Defining and Refining Core Values

We all have values that motivate us, whether we've identified them or not. Chances are that you haven't recently thought about your values. This worksheet will help you define and refine what is most important to you.

*Seven values that are considered 'foundational' are: Accountability, Responsibility, Compassion, Empathy, Growth, Integrity, and Respect.*

On a separate sheet of paper, write down as many of your values as you can think of. There are no right or wrong answers, as these are very personal. List as many as you can on a separate sheet of paper & then narrow your list to 5. List them in order of importance.

What I value most:
1.
2.
3.
4.
5.

Your list may look something like this:

What I value most:
1. My relationship with _____
2. My children
3. My health
4. Financial well-being
5. Personal integrity



Once you compile your list of values, you may get a better picture of how your problematic behaviour is affecting what you value most.

These next two exercises will help you look deeper into what you want for yourself, and help you identify specific and important goals that you want to achieve to bring more meaning and serenity to your life.

## EXERCISE: The Questions

Your goal is to either stop using harmful substances - or stop doing the harmful behaviours - that are not serving your health and well-being.

*Your desire to change is your motivation to stop your unhelpful behaviour.*

It is sometimes hard to see a difference between what you are doing and what you could do differently to achieve your goals. This exercise can help you bring these two perspectives into focus, so you can identify the discrepancy between them.

Ask yourself these questions:

1. What do I want for my future, and why?
2. What am I currently doing to achieve that?
3. How do I feel about what I'm currently doing?

An example of answers to these questions:

1. What do I want for my future? *To be a good partner/parent/student/employee.*
2. What am I currently doing to achieve that? *Nothing, because I'm still doing things that are not serving my health and well-being.*
3. How do I feel about what I'm currently doing? *Guilty, ashamed, depressed, frustrated, hopeless, stressed, trapped, etc.*

Now, answer the next two questions:

4. What could I do differently to achieve the future I want?
5. How would changing what I do, or getting what I want, make me feel?



# Worksheet

1. What do I want for my future, and why?

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2. What am I doing about it?

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3. How do I feel about what I'm doing?

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What could I do differently to help me get what I want?

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How would changing what I do or getting what I want make me feel?

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We're all fallible humans. We're all different. We all require different things at different times to help us manage our lives in healthier ways.

The K.E.Y. is to **Keep Educating Yourself** until you find what works for **YOU** - and then keep doing it! There are hundreds of tools, techniques, strategies, etc. to help us manage our lives.

I'm living proof that we are not the sum of our setbacks. We are the heroes of our relentless comebacks. I struggled for 9 years, but I've now been free from addictions (and pharmaceuticals) since 2018.

*Recovery doesn't take long.  
It takes a persistent willingness to exert consistent efforts to help ourselves.*

Keep seeking. Keep learning. Keep showing up for yourself.

*May the force be with you,  
and remember...*

**YOU** are the force 🧡

*Tanya*

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Join us as we redefine what it means to be mentally fit.  
Because mental wellness isn't a destination...  
it's a daily practice.



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