

VALUES ACTIVITY



In order to sustain happiness and avoid burnout, chronic stress or fatigue, we must be living a life which is aligned with our values, otherwise we will always feel resentful and frustrated.

To create a life that meets your values, first you need to know what your core values are. This is a simple process which you can return to frequently to check-in with yourself and your routine.

Write a list of your values 1 being most important and 10 being least important. We have given you some example words which you can use or change

for things that are more important to you. Note how much time / week (or month, or year) you spend on each value and then consider how you could update your routine to align better with your values.

So, this Mental Health Awareness Week try and focus on **ACE**ing your day and help beat those feelings of anxiety.

Example values:

Friends • Charity • Career • Family • Status • Exercise • Money • Health • Partner
Fun • Environment • Socialising • Travel • Hobbies • Appearance • Achievement

Order of importance	Value	Time spent / week
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Write what things you do in each quadrant to see if your week is balanced.



BODY

ACHIEVEMENT

CONNECTION

ENJOYMENT