

HOW TO LIVE A VALUES-CONSISTENT LIFE:

WHAT VALUES ARE

WHAT ARE "VALUES"?

Values are principles that guide us through life.

Values cannot be completed.

We are in an ongoing process of working toward values and living in accordance with our values.

WHY VALUES ARE IMPORTANT

VALUES DOMAINS

Areas that may hold importance to you:

- Family Relationships
- Intimate Relationships
- Friendships / Social Life
- Career / Employment
- Recreation / Fun / Leisure
- Spirituality / Religion
- Health / Well-Being

HOW TO UTILIZE VALUES

VALUES ARE OUR COMPASS



They provide us with direction.

They inform our decisions and how we choose to live.

CONSIDER THESE QUESTIONS

What is important to me?

What do I care about?

What do I stand for?

What steps can I take to move toward and live a values-consistent life?

WHAT NEXT?

- Explore and identify your values!
- Consistently reconnect with your values.

We change, and what we value can change.