

Session 5: Your Values and Direction

At Your 80th Birthday Party

For this worksheet we ask you to use your imagination as a way of connecting with your values and direction. Given that this is about your life's purpose, it warrants an investment of time and thought. So if you're inclined to jump straight to the blank lines below and start filling them in, pause a few moments, read the next two paragraphs and ensure that what you're writing is important to you.

Suppose that at some future time there was a party held in your honour. At this event, people who are important to you, and to whom you are important, have come together to celebrate you and your life.

When the time comes at this party for people to make speeches about you, they will be talking about the kind of person they experienced you to be. And for this exercise, we need you to write these descriptions for them as if you had actually become the person you would most like to be. Don't limit yourself to what your mind currently tells you is achievable. Remember that you don't need to show this to anyone - you're exploring a possible path for your life. When you've finished you can choose whether or not you will commit to none, some or all of it. For now, let your imagination have free rein.

Who is the first person to speak? Write down their name and their relationship to you.

Name: _____

Relationship: _____

What do they say?

Now repeat this for subsequent speakers.

Name: _____

Relationship: _____

What do they say?

Name: _____

Relationship: _____

What do they say?

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Values Discovery Exercise

Take the time to answer all of these questions if possible. In answering them, remember that there are no 'right' answers, rather you should provide the answer that is most 'right' or 'truthful' for you.

1. What people do you admire or consider role models in your life?

2. What are some common qualities of the people you admire?

3. What personal qualities would you like to express, develop or nurture?

4. If you already had all the money, time, fame and love you needed, what would you most want to do? And what purpose would you be serving in doing it?

5. When do you most feel like you're really being you? When do you most feel that you're expressing who you are? When do you feel most alive?

6. What brings you joy, satisfaction or pleasure?

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Clarify Your Values

Below are some common values. (They are not ‘the right ones’; merely common ones.) Please read through the list and write a letter next to each value, based on how important it is to you: V = very important, Q = quite important and N = not important.

1. Acceptance/self-acceptance: to be accepting of myself, others, life, etc.
2. Adventure: to be adventurous; to actively explore novel or stimulating experiences
3. Assertiveness: to respectfully stand up for my rights and request what I want
4. Authenticity: to be authentic, genuine, and real; to be true to myself
5. Caring/self-care: to be caring toward myself, others, the environment, etc.
6. Compassion/self-compassion: to act kindly toward myself and others in pain
7. Connection: to engage fully in whatever I’m doing and be fully present with others
8. Contribution and generosity: to contribute, give, help, assist, or share
9. Cooperation: to be cooperative and collaborative with others
10. Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty
11. Creativity: to be creative or innovative
12. Curiosity: to be curious, open-minded, and interested; to explore and discover
13. Encouragement: to encourage and reward behavior that I value in myself or others
14. Excitement: to seek, create, and engage in activities that are exciting or stimulating
15. Fairness and justice: to be fair and just to myself or others
16. Fitness: to maintain or improve or look after my physical and mental health
17. Flexibility: to adjust and adapt readily to changing circumstances
18. Freedom and independence: to choose how I live and help others do likewise
19. Friendliness: to be friendly, companionable, or agreeable toward others

- 20.** Forgiveness/self-forgiveness: to be forgiving toward myself or others
- 21.** Fun and humor: to be fun loving; to seek, create, and engage in fun-filled activities
- 22.** Gratitude: to be grateful for and appreciative of myself, others, and life
- 23.** Honesty: to be honest, truthful, and sincere with myself and others
- 24.** Industry: to be industrious, hardworking, and dedicated
- 25.** Intimacy: to open up, reveal, and share myself, emotionally or physically
- 26.** Kindness: to be kind, considerate, nurturing, or caring toward myself or others
- 27.** Love: to act lovingly or affectionately toward myself or others
- 28.** Mindfulness: to be open to, engaged in and curious about the present moment
- 29.** Order: to be orderly and organized
- 30.** Persistence and commitment: to continue resolutely, despite problems or difficulties.
- 31.** Respect/self-respect: to treat myself and others with care and consideration
- 32.** Responsibility: to be responsible and accountable for my actions
- 33.** Safety and protection: to secure, protect, or ensure my own safety or that of others
- 34.** Sensuality and pleasure: to create or enjoy pleasurable and sensual experiences
- 35.** Sexuality: to explore or express my sexuality
- 36.** Skillfulness: to continually practice and improve my skills and apply myself fully
- 37.** Supportiveness: to be supportive, helpful and available to myself or others
- 38.** Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable
- 39.** Other: _____
- 40.** Other: _____