

Working with Values: Worksheet

To motivate and sustain change, it is important to remind yourself that what you are doing is important and meaningful. Both the importance and the meaning is informed by your deeply-held values. What are your values that can fuel your change process? Think carefully about this and jot down what you believe is important to you—perhaps under the headings of family, relationships education, recreation, spirituality, career, health and community. Through your change journey, return to this list often, especially if you find your motivation or enthusiasm for change waning.

Family

Relationships

Education

Recreation

Spirituality

Career

Health

Community

Other
