

| Defining Core Values



**RED ROOF
RECOVERY**

Defining And Redefining Core Values

We all have core 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*.

Start by writing down as many of your core values as you can think of. There are no right or wrong answers, as these are very personal. When you've written as many as you can, group them into main categories and narrow your list to your top 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 Example
1. My relationship with _____.
2. My children
3. My health
4. My financial well-being
5. Personal integrity

Core values are the things that make us who we are. Defining your core values can improve the quality of your life and help you live with purpose. Does your life reflect the values that are important to you?

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

It's sometimes hard to see a difference between what you are doing and what you could be doing 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 doing to achieve that?
3. How do I feel about what I'm doing?

An example of answers to these questions:

1. What do I want for my future and why? To be a good student, attain a degree, and work at something I love.
2. What am I currently doing to achieve that? I play video games all the time and I'm missing classes.
3. How do I feel about what I'm currently doing? Guilty, ashamed, depressed, frustrated, hopeless, stressed, trapped, etc.

Now, answer the next 2 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?

Once you see the discrepancy between your feelings about what you're currently doing (#3 above) and your feelings about changing your behaviour (#5 above), you can use that difference as further motivation to stop whatever is not serving you.

As you start to plan what changes you intend to make, you can learn how to get better at managing your thoughts, feelings, and behaviours. When you stay consistent with your plan of action, you'll start to feel more empowered to achieve your goal in #1 above.

Worksheet

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

2. What am I doing about it?

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

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

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

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