



Let's
Talk
Online

Psychology Service



VALUE-BASED LIVING

IN 2019

A REFLECTIVE ACTIVITY FOR THE NEW YEAR

COMPLETE ON YOUR OWN, WITH A PARTNER/FRIEND OR INDEED
THE WHOLE FAMILY

INSPIRE DISCUSSION AND DEBATE, WHILST EVEN HAVING FUN

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A long standing tradition during a New Year is to make resolutions, which more often than not come in the shape of goals. You may want to resolve to change what you eat, exercise more, get more sleep, get a new job, take up a new hobby, move house, whatever it is that is important to you in the moment.

One of the therapies I integrate into my work as a Clinical Psychologist is Acceptance and Commitment Therapy (ACT).

In ACT, this way of reflecting about our lives is called GOAL-BASED LIVING. Having goals can be a really important part of life, helping us to have focus, progress and take care of ourselves and those we love. However, purely focusing on our future goals can cause difficulties. Searching for that next thing that 'will make us happy' can mean we miss out on the here and now. We often aim for big changes that we are not ready to keep or are not necessarily what we really need. Also, the fact of the matter is 'shit happens'. We may have the best intentions/motivation in the world, but the future is unknown. Some moments and years are joyous and exciting, others painful and extremely difficult.

Finding out what we value in life - what gives us meaning, who we want to be - rather than what we want can help us navigate these challenges and opportunities. This is called VALUE-BASED LIVING. Would you like to try out a bit of value-based living in 2019?

The first step is learning what YOUR values are. Here is an exercise to help.

1. Read through the list of values below.
2. Begin highlighting those that stand out to you the most. Try to go with your instinct, remembering there is no right or wrong choice.
3. Re-read those you have selected, gradually putting a line through those less important to you and putting a star beside those that mean the most to you.
4. Keep doing this until you are left with 5 -10 words.

These words should help you to understand what values are important to you. Clarifying your values or what can also be thought of as 'your life direction' can help us be more with what is. If you are interested in taking this exercise a step further it can be helpful to note a few different things you do already in your life to match these values as well as some other things that might help you live your life the way you would like.

It can be fun doing this with someone you care about or even as a team building exercise at work. You never know what you might learn about yourself or another.

Accountable
Alert
Assertive
Authentic
Calm
Certain
Collaborative
Compassion
Conscious
Contributes
Creative
Determined
Disciplined
Effective
Empowers
Ethical
Facilitates
Fearless
Generative
Happy
Honorable
Immaculate
Innovative
Integrates
Intentional
Joyful
Listener
Loving
Networker
Optimism
Peaceful
Poised
Practical
Problem-Solver
Reliable
Self-confident
Sense of Humor
Sincere
Spontaneous
Successful
Trusting
Versatile
Willing

Adaptable
Ambitious
Astute
Aware
Candid
Charismatic
Committed
Comradeship
Considerate
Cooperative
Curious
Diplomatic
Dynamic
Efficient
Energetic
Excited
Fairness
Flexible
Generosity
Hard Working
Humorous
Independent
Inquiring
Integrity
Interested
Knowledgeable
Lively
Loyal
Nurturing
Organized
Planner
Polite
Presents Self Well
Productive
Resourceful
Self-generating
Sensual
Skillful
Stable
Supportive
Trustworthy
Vibrant
Wise

Adventurous
Appropriate
Attentive
Bravery
Capable
Clear
Communicator
Connected
Consistent
Courageous
Dedicated
Directive
Easygoing
Empathetic
Enthusiastic
Expressive
Faithful
Friendly
Gratitude
Honest
Imaginative
Initiates
Inquiring
Intelligent
Intimate
Leading
Logical
Manages Time Well
Open-Minded
Patient
Playful
Powerful
Proactive
Punctual
Responsible
Self-reliant
Serves Others
Spiritual
Strong
Tactful
Truthful
Warm
Zealous

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