

VALUES MAP

NAME/ID: _____

DATE/S: _____

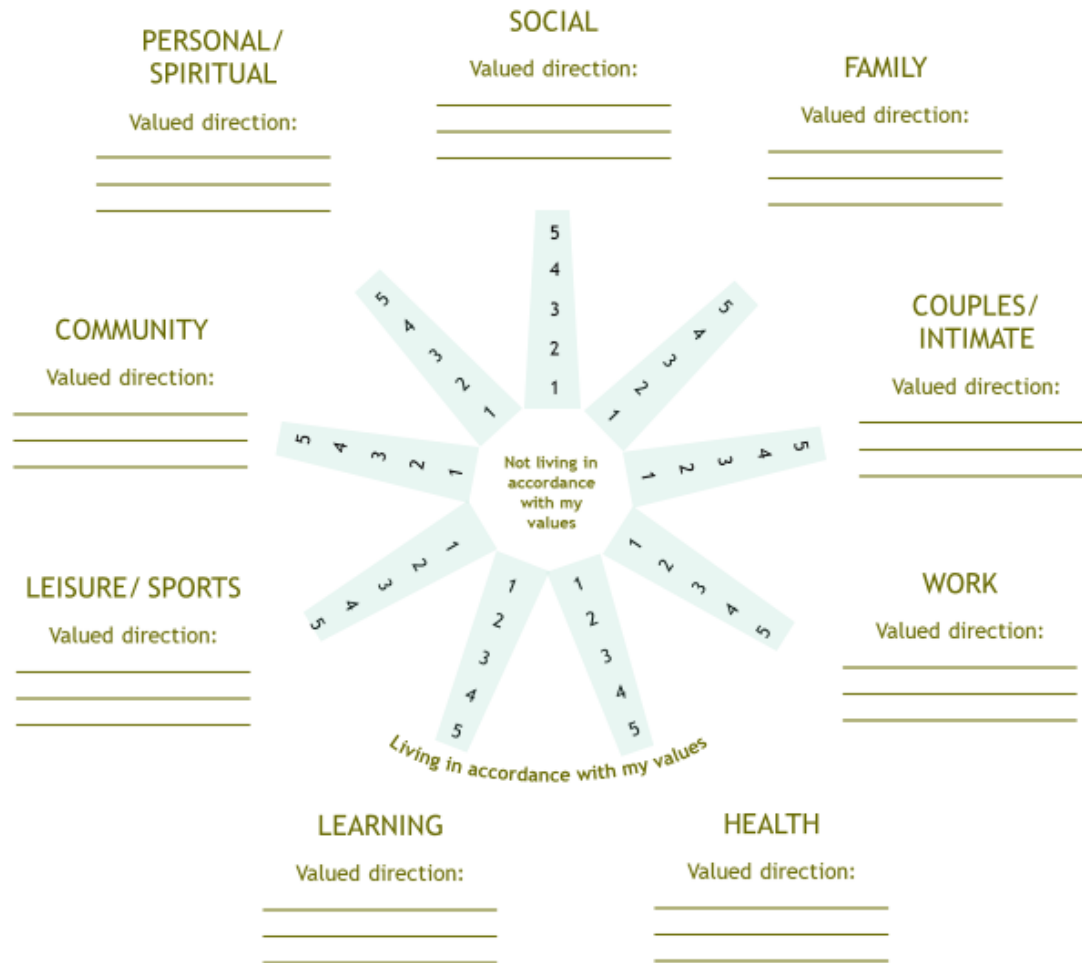
INSTRUCTIONS

What are values?

Values are things that you believe to be important in life – the things that matter to you deep down. Values provide your life with purpose and meaning.

Valued directions are the overall guiding directions for our lives – like the overall plot themes in a story. Goals are things that we want to achieve along the way – like the specific events in a story. For example, my valued direction for friendship might be ‘I want to be a caring and supportive friend’, and I might have goals like ‘I want to reconnect with my old school friends’.

Living your life in a way that matches up with your valued direction is linked to experiencing a sense of happiness and fulfilment.



INSTRUCTIONS

How to use the Values Map

The Values Map can be used more than once to map out progress, e.g. before and after engaging in therapy.

1. Write a valued direction for each life area.
2. Circle a number from 1 (not living in accordance with my values) to 5 (living in accordance with my values) for each life area.
3. Draw a line between each life area to connect the circles. This will create a shape.
4. Write a number from 0 (not important) to 10 (very important) to the left of each valued direction to show how important it is to you now. Draw a circle around the number.
5. Rank all the valued directions from most (1) to least important (9). Put the rank on the right of each valued direction and draw a circle around it.
6. When using the map a second time, draw a square around the selected number for each area. Use a different colour pen or pencil to draw the shape connecting the squares. You can now compare the shapes.
7. Write numbers for importance and rank of each valued direction and draw squares around them.