

Exercise sheet

I LIVE IN ACCORDANCE WITH MY VALUES



Deep down, what's important, what interests us?

What values do I want to defend and embrace in my life? What personal qualities would I like to embody and cultivate? How do I want to behave with others?

Values are what we most deeply desire in our life, in our relationships with the world, with others and with ourselves.

Values are principles that can guide and motivate us in life.

Values are different from goals; they're the direction in which we're heading, whereas goals are what we want to achieve. A value is like going somewhere, a goal is like the destination you want to reach on your journey.

Goals may or may not be achieved, whereas values are a permanent directions.

What's important in my life? What's most important to me?

What I hope will be different for me in a few years' time

What do I want to achieve in my life?

What do I want to pass on to my children and others?

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What was important for my family, their values?

If I were to write to a friend 5 years from now, what would my life be like professionally, family-wise, economically and even spiritually? What are the current actions that bring me closer and what are the current actions that take me further away?

If I asked my friends to tell me what I live for, what's most important to me, what would they say?

Magic wand, question of miracles... I have 3 wishes to make, what are they?

To summarize: values and actions

Values	Importance (0-10)	Actions in line with values (0-10)	Mismatch
Marriage/couple/intimate relationship			
Parenting			

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Family			
Friendship			
Work/career			
Training/personal development			
Hobbies			
Spirituality			
Civic-mindedness			
Care and health			

List the concrete things you've done in the last 6 months that correspond to these 5 main values.

Is it difficult? Since the trauma, are you doing far fewer of the things that correspond to your values?

An example

My values	What I actually do
1. Generosity	<ul style="list-style-type: none"> - I give my time to a charity. - I donate my old clothes. - I invite friends over for a meal - I encourage my children to lend to each other, to give some of their things away.
2. Taking care of my health	<ul style="list-style-type: none"> - I go running every week. - I choose natural foods, organic if possible. - I air my house every day.

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What about you?

My values	What I actually do
1.	
2.	
3.	

Take stock: are you doing enough, have you abandoned any values and motivators since you've been feeling bad? Since the trauma? Which ones and why?

Action plan

Ask yourself what you want to change and, above all, add to your behaviour. You need to make sure that your concrete actions offer you enough in terms of benefits and that they're not costly or pernicious.

My values	What I do concretely	What I change, what I add
1. Generosity	<ul style="list-style-type: none"> - I give time to the association of Restos du Coeur. - I give my old clothes. - I invite friends to share a meal. - I encourage my children to lend their toys, to give them. 	<ul style="list-style-type: none"> - je passer plus de temps avec mes enfants avec qui je joue - je m'investis dans une activité qui me fait du bien - je fais un gâteau à mes enfants.
2. Take care my health	<ul style="list-style-type: none"> - I'm going to run every week. - I choose natural, organic foods if possible. - I take my house every day. 	<ul style="list-style-type: none"> - Meditate for 10 minutes a day. - Go to bed at least once before midnight.

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What about you?

My values	What I do concretely	What I change, what I add
1.		
2.		
3.		