

# Values – Know what matters to you

There's a reason why people often talk about values and values-living. Whether we realise it or not, we are often guided, feel **pleasant** or *discomfort* when things either **light up** or *trash* our values. But how do we learn our values and what should we do with them.

## Figuring out your values



- Noticing your thoughts and feelings when something happens to you or the world you see;
  - What does **PAIN** tell you about what matters to you, e.g., what happens when you see social injustice? Are you annoyed at someone's lack of **autonomy**?
  - Feelings of **joy** and **warmth** can connect you to values, e.g., being with friends and family might mean you value **connection**
  - Asking for help might mean you value **self-care** or **curiosity**
- Exploring values word lists and highlighting the words that **made you feel something**

## Values-based Problem Solving

- Our minds love to problem solve and when we can do this to our values, we are likely to reach solutions that make us feel competent and that we did our best.
- We have flexibility using our values to guide us
- Values are here and now: Goals are in the future
- Values often need to be prioritised
- Values are chosen and often best held lightly – they aren't rules

**Values are our inner compass**

