

Flavouring and Savouring

People often get overwhelmed because they try to change their whole lives overnight. That's a recipe for stress and failure. The trick is to think small; take baby steps. Look for little ways to get better at living by your values. Over time, these small steps have large effects. With that in mind, here's a practice, called 'flavouring and savouring'.

Each morning, choose one or two values you want to bring into play. So, for example, you might pick the values of 'being helpful' and 'being open' or the values of 'being kind' and 'being courageous'. This is an ongoing experiment, so you can change the values you're playing with daily or weekly, as desired.

(If you can't decide which values to pick, then work your way alphabetically down through the list on page 2. Experiment with them and notice what happens. Try them on for size, like a new suit. If it's a good fit, well and good. But if not, try on some others.)

As you go through your day, look out for opportunities to 'sprinkle' those values into your activities — especially into your relationships with other people. In other words, whatever you're saying or doing, by yourself or with others, see if you can give it the flavour of those values (as long as that seems appropriate for the situation).

And as you flavour it, savour it! Notice what you're doing, give it your full attention, be fully present and actively appreciate the experience — just like savouring your favourite food or music. Write some notes below, to record your experiences.

Activity (what I was doing)	Flavouring (values I 'sprinkled on')	Savouring (what I noticed and appreciated)

FORTY COMMON VALUES: A CHECKLIST

Values are your heart's deepest desires for how you want to behave as a human being. They describe how you want to treat yourself, others, and the world around you. This is not a list of "the right" values; there are no "right" or "wrong" ones. It's like your taste in ice cream. If you prefer chocolate but someone else prefers vanilla, that doesn't mean their taste is right and yours is wrong—or vice-versa. It just means you have different tastes. So these aren't the right or best values; they're just to give you some ideas. And if your values aren't listed, there's room at the bottom to add them.

Pick an area of life you want to enhance, improve or explore (e.g., work, education, health, leisure, parenting, friendship, spirituality, intimate relationship). Then consider which values in the list below best complete this sentence: ***In this area of my life, I want to be ...***

Read through the list, and if a value seems very important in this area of life, put a V by it. If it's somewhat important, put an S. And if it's not that important, put an N.

In this area of my life, I want to be ...

1. Accepting: open to, allowing of, or at peace with myself, others, life, my feelings, etc.
2. Adventurous: willing to create or pursue novel, risky or exciting experiences
3. Assertive: calmly, fairly and respectfully standing up for my rights and asking for what I want
4. Authentic: being genuine, real, and true to myself
5. Caring/self-caring: actively taking care of myself, others, the environment, etc.
6. Compassionate/self-compassionate: responding kindly to myself or others in pain
7. Cooperative: willing to assist and work with others
8. Courageous: being brave or bold; persisting in the face of fear, threat, or risk
9. Creative: being imaginative, inventive, or innovative
10. Curious: being open-minded and interested; willing to explore and discover
11. Encouraging: supporting, inspiring, and rewarding behavior I approve of
12. Expressive: conveying my thoughts and feelings through what I say and do
13. Focused: focused on and engaged in what I am doing
14. Fair/just: acting with fairness and justice—toward myself and others
15. Flexible: willing and able to adjust and adapt to changing circumstances
16. Friendly: warm, open, caring, and agreeable toward others
17. Forgiving: letting go of resentments and grudges toward myself or others
18. Grateful: being appreciative for what I have received
19. Helpful: giving, helping, contributing, assisting, or sharing
20. Honest: being honest, truthful, and sincere—with myself and others
21. Independent: choosing for myself how I live and what I do
22. Industrious: being diligent, hardworking, dedicated
23. Kind: being considerate, helpful, or caring—to myself or others
24. Loving: showing love, affection, or great care—to myself or others
25. Mindful/present: fully present and engaging in whatever I'm doing
26. Open: revealing myself, letting people know my thoughts and feelings
27. Orderly: being neat and organized
28. Persistent/committed: willing to continue, despite problems or difficulties
29. Playful: being humorous, fun-loving, light-hearted
30. Protective: looking after the safety and security of myself or others
31. Respectful/self-respectful: treating myself or others with care and consideration
32. Responsible: being trustworthy, reliable, and accountable for my actions
33. Skillful: doing things well, utilizing my knowledge, experience, and training
34. Supportive: being helpful, encouraging, and available—to myself or others
35. Trustworthy: being loyal, honest, faithful, sincere, responsible, and reliable
36. Trusting: willing to believe in the honesty, sincerity, reliability, or competence of another
37. Other:
38. Other:
39. Other:
40. Other: