

1. Identifying your values

Here are the four key life areas to think about and fill in:

- *Relationships*

In my relationships with my friends I want to be (some examples could be trustworthy, likeable, supportive, reliable, etc.):



In my relationship with myself I want to be (things like calm, soothing, confident, satisfied, etc.):



Why Change? Values and Goals

In my relationship with my colleagues and people I meet in everyday life I want to be (some examples could be worthy of respect, skilled, reliable, etc.):



In my relationship with my partner I want to be (some examples could be loving, supportive, loyal, reliable, attractive, etc.):



Get Your Life Back

Even if you do not have a partner or colleagues at the moment, imagine if you did: what kind of person would you want to be when relating to them? In any other relationships you can think of (perhaps family, people on the bus, pets, people at the clinic, etc.), how do you want to be?



- *Health*

In terms of my physical health I want to be (fit, active, as healthy as possible, to feel OK with my body, etc.):



In my mental health I want to be (some examples could be having a positive attitude, calm, emotionally under control, able to manage sadness, anxiety or fear, etc.):

Why Change? Values and Goals



In my eating habits I want to be (things like healthy, in control, able to enjoy, etc.):



In my drinking habits I want to be (some examples may be sensible, able to enjoy, in control, healthy, etc.):



Get Your Life Back

Other health assets you can think of (things like fit, not worn down, having as much energy as possible, managing long-term health issues, etc.). How do you want to be?



- *How I occupy my day*

In terms of how I occupy my day, I would like to be (some examples could be meaningful, making a difference, successful, careful, enthusiastic, helpful, friendly, creative, quiet, outside, physically active, thoughtful, highly skilled, interesting, etc.):



Why Change? Values and Goals

- *Leisure/Growth*

For relaxation and pleasure, as well as to develop myself in new ways, I would like to be (some examples could be adventurous, open, calm, sociable, fun to be with, challenged, etc.):


