



Values-Based Living

Identifying your values to figure out how you would like to show up in pursuit of what matters most to you

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Intro to the Values-Based Living worksheet

Responding to change with openness can help our nervous system slow down, connect to the present moment, and recenter ourselves in our values. When the unexpected occurs, it is even more critical to tend to ourselves with compassion and kindness, rather than jump to conclusions or become stuck in a cloud of anxiety.

Explore the following practice to cultivate new patterns that allow you to open, be present, and centered in your values.

- Sometimes we focus on checking off our To-Do lists or reaching the next goal, yet forget it is important how we show up as we pursue those things.
- In each of the 12 domains listed below, reflect on areas that are relevant to you. Identify your current concrete goals, and reflect on the values that you align with – consider these to be the direction you are moving toward in your pursuit of what matters, especially during times of change.
- By being engaged in our values, we are able to be more present and centered in our lives.





Concrete Goals

Consider an action that has a clear ending point, like completing a certification, making a phone call, etc.

Values-Based Direction

Consider *how* you would like to show up in small consistent ways as you pursue the things that matter. Consider: *How* would you behave? Examples are listed [here](#) – choose from the list and/or add your own!

| VALUES DOMAIN | CONCRETE GOALS | VALUES-BASED DIRECTION |
|--|----------------|------------------------|
| Relationship with Family (consider sibling, parents, grandparents, etc.) | | |
| Intimate/Romantic Relationship (with partner, spouse, etc.) | | |
| Parenting Relationship with Children | | |
| Relationship with Friends | | |
| Relationship w/ Work | | |





| VALUES DOMAIN | CONCRETE GOALS | VALUES-BASED DIRECTION |
|--|-----------------------|-------------------------------|
| Pursuing Education, Skills Training, Personal Growth | | |
| Pursuing Recreational Activities & Fun | | |
| Pursuing Spirituality (religious or non-religious beliefs and practice) | | |
| Pursuing Community (consider volunteering, activism, self-help groups, etc.) | | |
| Pursuing Physical Health, Mental Health, Self-Care | | |
| Pursuing Sustainability/Care for Environment | | |
| Pursuing Creativity & Beauty | | |

