

VALUES BASED ACTION

Ask your patient to circle 5 of the values that matter most to them from the list below. This can then be used to discuss real action that they could take today to start moving away from their stuck place.

- Acceptance
- Achievement
- Adventure
- Ambition
- Balance
- Caring
- Commitment
- Community
- Compassion
- Connection
- Creativity
- Curiosity
- Daring
- Ethics
- Excellence
- Flexibility
- Freedom
- Generosity
- Gratitude
- Growth
- Health
- Honesty
- Humility
- Independence
- Intelligence
- Joy
- Kindness
- Knowledge
- Leadership
- Learning
- Love
- Loyalty
- Mindfulness
- Motivation
- Optimism
- Passion
- Peace
- Perfection
- Performance
- Playfulness
- Power
- Recognition
- Relationships
- Resilience
- Risk Taking
- Safety
- Self-Control
- Spirituality
- Trusting
- Understanding
- Wealth
- Wisdom