

# RECONNECT WITH YOUR VALUES

This exercise can give you a sense of control to make you realize the worth of your values. If you're currently facing a challenging situation, then you can do this so you can reconnect with your personal values that you might have lost touch with.



# WHAT TO DO:

## 1. Describe the challenging life event:

Reflect and take some time to identify a challenging event that you are currently facing. For example, maybe you lost your job. Then, briefly describe this challenging event in the space below.

## 2. Identify the values you lost touch with:

Think of the values that are important to you. It may be the case that this challenging situation in your life (identified in the previous step) is making it difficult for you to live in line with your values. Consider 3 values with which you have lost touch with because of your current challenging situation.

### a. Value

What does it mean to me:

Why is it important to me:



Innovation



Growth



Integrity



Goals



Commitment



Connection



Creativity



Passion

## b. Value

What does it mean to me:

Why is it important to me:

## c. Value

What does it mean to me:

Why is it important to me:



### 3. Reconnect with your values:

With the values you listed down in step 2, now try to consider the actions that you can take for you to reconnect with these values. What actions will allow you to be - as much as possible - the person you want to be under the current circumstances? You can list down as many possible actions as you can, no matter how small.

**Value 1:**



**Actions:**



**Value 2:**



**Actions:**





**Value 3:**



**Actions:**



#### **4. Take time to reflect:**

Ask yourself from time to time: What are the actions I can do now to be the person I want to be? What are the things I can control? Try looking at the actions you have listed down in step 3 and start with the most feasible action that you can take.

This exercise can help you be more mindful of the things that you can control in your life, and remember that it all starts with having a deep connection with your personal values.



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