

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:

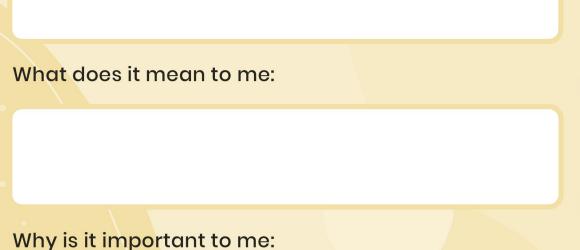
1. Describe the challenging life event:

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







Innovation



Integrity



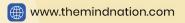


Commitment











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: Who be the person I want to be? What a looking at the actions you have list the most feasible action that you contains the second seco	re the things I can <mark>control? Try</mark> ed down in step 3 a <mark>nd start with</mark>

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.





To learn more about how to improve your wellbeing and mental health, get in touch with our wellbeing coaches today: http://bit.ly/MNhelp







