



Value Driven Behaviors

*Pre-requisite is the Finding My Values Worksheet

Before we get started, take a moment to fill in your top five values, so that you can reference them as needed.

My Top 5 Values				

Great, in the last worksheet, you worked hard to boil down the top 5 values in your life. Great job! Now, we're going to spend some time identifying some value-driven behaviors for each one. What's a Value-Driven Behavior? Well, quite simply, it's an action that moves you in the direction of your values. For example, if one of your values is Fitness, then hitting the gym might be an example of a value-driven behavior for you. It also might mean that when you are in a depressive, anxious, obsessive, etc. episode, eating donuts is probably not going to be helpful for you.

Now, I'm not saying that every action you take needs to be value-driven. Goodness no. Keeping with that Fitness value example, I don't expect that someone who highly values Physical Fitness will never indulge in a sweet treat. The reason we identify value-driven behaviors is that not only will engaging in these behaviors regularly move us towards living the life we want, but they also serve as an excellent fallback for when our mental and emotional health may be struggling. I'll show you how in the next worksheet.

On the next page, I'd like you to identify at least three behaviors that you can do (these need to be accessible to you!) per each of your values. Please make sure that these behaviors are immediately accessible to you; meaning you could go out and do them today. You can always add behaviors or adjust them later as your circumstances change. The behaviors you list can be things that you already do which support your values, or things that you'd like to do. As long as they are accessible, they'll work!

Value	Behaviors

Great job! So, what do you think? Are these things that you are already doing? Did you identify some things that you could perhaps start to do, which would help you stay in line with your values?

Feel free to add more behaviors to your list if you think of them! You can never have too many value-driven behaviors to choose from!

Now, I'd like you to try one thing – try incorporating at least ONE of your value-driven behaviors each week. If that seems too easy, or if you've done that for a few weeks and are ready for more – try doing one thing every day.

The more you move towards your values by using these behaviors and others that you will surely identify, the more you will habituate to them. Eventually, you won't even have to think about doing them, you just will! Imagine what it will be like to live a life driven daily by your values, by the things which bring you joy and light. Pretty incredible, right?

Here's the thing – when the going gets tough, it won't be easy to engage in a value-driven behavior. In fact, it will be downright difficult! When we are battling things like Depression, Anxiety, OCD, etc., we tend to fall back into behaviors that are at best unhelpful and at the worst, self-destructive. Choosing instead to engage in value-driven behavior will take work, but it will ultimately help you to conquer whatever struggle you may be facing.

In the next, and last, worksheet in this series, we will create a schedule for precisely those times when engaging in value-driven behavior is hard to do.