

# Your Values

This exercise asks you to think about your values list and to reflect on times, relationships and situations etc. when you act in ways that are congruent with your values, act in ways that support your values or are in situations that support your values.

This is a time to really think about and remember the feelings that you have when you experience being in aligned with your values.

The flip side of this exercise is thinking about, reflecting and feeling how it is when you act against your values.

Maybe there are actions that you want to take to weaken the times or situations when you dishonor your values. You might want to think about times when you can boost supporting your values.

# Honoring My Values

My Value of...	Times when I honor my value	When I honor my value it feels like	I can support this value more in the future by.....

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My Value of...	Times when I honor my value	When I honor my value it feels like	I can support this value more in the future by.....

# Honoring My Values

My Value of...	Times when I honor my value	When I honor my value it feels like	I can support this value more in the future by.....

# Dishonoring my values

My Value of...	Times when I dishonor my value is when....	When I dishonor my value it feels like....	I can support this value more in the future by.....

# Dishonoring my values

My Value of...	Times when I dishonor my value is when....	When I dishonor my value it feels like....	I can support this value more in the future by.....

# Dishonoring my values

My Value of...	Times when I dishonor my value is when....	When I dishonor my value it feels like....	I can support this value more in the future by.....