

Choosing a Direction That Matters

Identity values and self compassion | Adults | 10 to 15 minutes

Translate a personally chosen value into a small action in everyday life.

A value describes how you want to act, such as being honest, caring, curious, fair, or dependable. You can choose a direction even when circumstances are difficult. Start with a part of life you want to give attention to.

Choose your own words

Consider relationships, work, learning, community, creativity, or care for yourself. Ask what kind of person you want to be in that area. A value is different from an outcome you cannot fully control: acting respectfully is a direction; making everyone approve of you is not under your control.

Make the next action small

Pick one behavior that expresses the value within your current resources. Curiosity might become asking one honest question. Care might become taking a needed break or checking on a friend. Include when you will try the action and what could help if a barrier appears.

The life area and value I choose are

What this value means in my own words is

One small action I can take and when I will try it are

A likely barrier and support that could help are