**Values Writing Exercise**

*Try to focus your writing on the qualities of your life as you want to live it. It’s not about seeking approval or following rules. This is between you and you, you cannot get it wrong. -* Adapted from *A Liberated Mind* by Steven Hayes

Circle a domain below that matters to you, in which you want to feel more in line with your values.

* Family
* Romantic Relationship
* Parenting/Caregiving
* Friendships
* Work/Productive Activity
* Education/Learning
* Recreation
* Spirituality
* Health/Physical Self-Care
* Citizenship
* Community
* Personal Growth
* Creative expression
* Environment
* Social Causes

Write about this value for 10 minutes straight, answering the following questions:

1. What do I care about in this area?
2. What do I want to *do* in this area that reflects that caring?
3. When in my life have I acted in line with my values in this area?
4. When have I strayed from this value?
5. Who have I seen pursue this value and what did I notice?
6. What might I do to manifest this value more in my life today?