**HOMEWORK: VALUES CLARIFICATION & COMMITMENT**

**Becoming Clear About Your Life**

The premise is simple: meaning and fulfillment in life is less about trying to feel good and comfortable all the time and more about having our everyday actions and choices align with what matters most to us – our core values. To the extent that we are not synchronized with our values, we experience emotional upheaval and stuckness, loss of direction, and disconnection from ourselves and others. While goals are about trying to get something out of life with specific ends in mind (eg, getting a certain job or achieving a kind of recognition), values are about what we have to offer the world (both for ourselves and others) and moving along a path with no end to arrive at – it is about the kind of people we aspire to be and the kind of life we aspire to lead.

The following is a list of various common values that people hold. In the second column, take some time to rate how much the specific value matters to you in your life. Then in the third column, take some time to rate how much time and effort you have put into that particular value in your life in the last month.

<table>
<thead>
<tr>
<th>CORE VALUES</th>
<th>How much does this value matter to you? How important is it in your life? Rate from 1 (not at all) to 10 (completely)</th>
<th>In the last month, how much time and energy have you put into this value? Rate from 1 (none) to 10 (all)</th>
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</thead>
<tbody>
<tr>
<td>Intimate Relationships/Dating/Marriage</td>
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<td>Caregiving/Mentoring/Teaching/Parenting</td>
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<td>Family Relationships</td>
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<td>Friendships/Social Relations</td>
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<td>Career/Employment</td>
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<td>Education/Training/Personal Growth &amp; Development</td>
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<td>Recreation/Leisure</td>
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<td>Spirituality/Religion</td>
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<td>Community/Citizenship/Service</td>
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<td>Mental &amp; Physical Self-care</td>
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<tr>
<td>Home Care/Activities</td>
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“He who has a why can bear almost any how.”

(Friedrich Nietzsche)
EXERCISE: Making a Commitment Today

Real, lasting change happens only when we are able to recognize and appreciate our ability to make choices, to willingly choose how to act in line with our principles and values, and to commit again and again to those values when we have lost our direction. It is a process that requires honesty, patience, and humor. Choice and commitment is what allows our life to have a sense of purpose and meaning, providing us with a more real and genuine sense of who we are and how we contribute to this world and those around us. While simple in theory, it is not an easy or straightforward practice. Living according to what matters most often leads us directly into what we fear and what makes us insecure – while also building on our innate strength, bravery, and love.

The kind of person I truly care about being is:

_____________________________________________________________________________________

The concrete ways that I can start being that person today is by doing the following:

_____________________________________________________________________________________

_____________________________________________________________________________________

What I have been doing instead has been:

_____________________________________________________________________________________

The cost has been:

_____________________________________________________________________________________

_____________________________________________________________________________________

In the days and weeks ahead, I commit to the following:

_____________________________________________________________________________________

_____________________________________________________________________________________

When I get stuck, encounter obstacles, or lose my way, I will:

_____________________________________________________________________________________

_____________________________________________________________________________________

When I forget, I will remind myself that the reason I am doing this is:

_____________________________________________________________________________________

_____________________________________________________________________________________

My Three Personal Commitments for this Weekend

1. ________________________________________________________________________________

2. ________________________________________________________________________________

3. ________________________________________________________________________________

“A ship is safe in harbor—but that’s not what ships are for.” (John Shedd)