

Your values

Want to make yourself better aware of your values? Then choose one of the following exercises. The exercises are more effective when you don't just keep your thoughts in head but also write them down. It's best to have a notepad and a pen handy or you can take notes on your phone. Take some time out over the next few days and write down your thoughts every time something occurs to you.

"5 years from now":

Imagine waking up tomorrow and 5 years have passed. What does your life look like? What will you be doing that day? Who will you be meeting? Where do you now live?

"80th birthday speech":

Imagine it's your 80th birthday. There is a huge party and all your family, friends and acquaintances have come to celebrate with you. Then one of your best and oldest friends gets up and asks for quiet in order to make a speech. What do they say during their speech? What does the friend say about you and the life you have lived?

"Winning the lottery":

Imagine you win a lot of money on the lottery. An amount that means you won't ever have any financial worries and you will never have to go back to work. You can afford everything you've always wanted. What would your life look like then? What would you do with the money? How would you spend every day? What would you buy?

Creating a "vision board":

Get creative and design a vision board. Try to answer the following questions: What is important to me in my life? What do I want my daily routine to be like? What do I want to achieve? What do I want my life to be like? Now make a collage of how you envision your life. You can look for pictures and words from newspapers and magazines, draw, craft or write. There are no limits to your creativity. You can even hang this vision board in your room, so you will always be reminded of the goals and values in your life.

Adapted from: Wengenroth, M. (2012). Therapie-Tools Akzeptanz- und Commitmenttherapie. Beltz.