



Wellness Matters Webinar:



Values Exploration and Meaning Making

Tonight's agenda...

- Theoretical foundation: ACT
- Meaning making.
- Values: What are they and how do we explore and determine what ours are?
- Exercises for values exploration.
- Questions and comments.





ACT =


- 1** Acceptance
- 2** Cognitive defusion
- 3** Mindfulness
- 4** Self
- 5** **Values**
- 6** Committed actions.





Meaning making

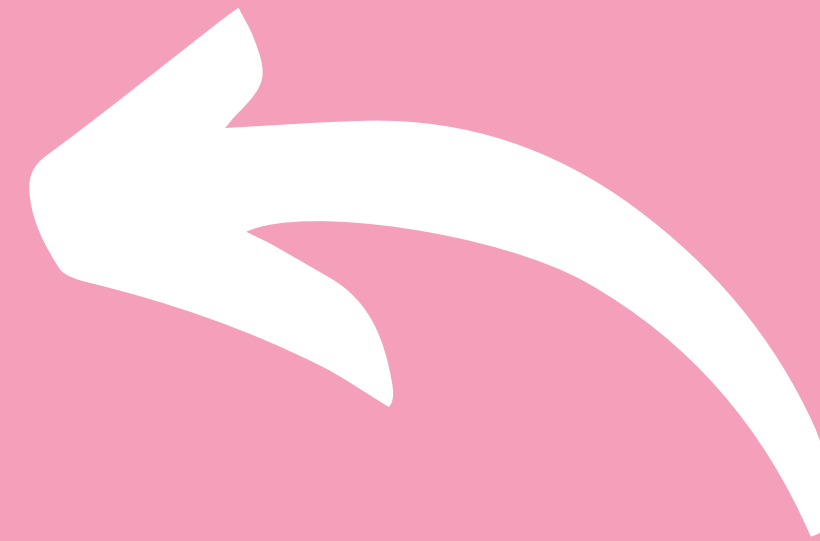
"The process by which people interpret situations, events, objects, or discourses, in light of their previous knowledge and experience." - Zittoun & Brinkmann



Global meaning

Beliefs, goals, and subjective feelings.

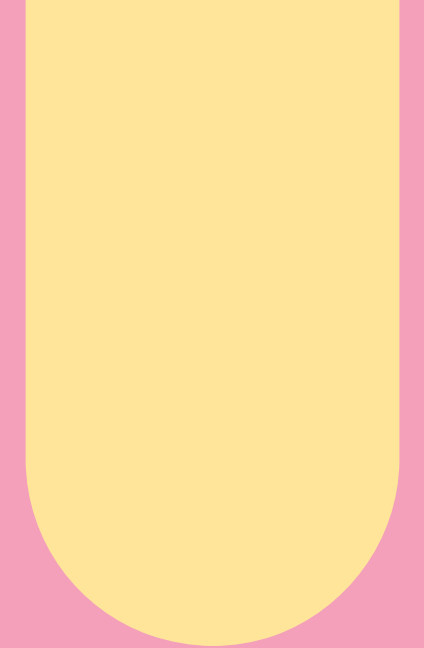
- Constructed early in life and modified based on personal experience.



Situational meaning

Meaning in the context of a particular environmental encounter.

- Often during a stressful situation.



Meaning making

Important functions...

- Purpose.
- Influences our judgement and actions.
- Provides a sense of control.
- Provides self-worth.
- Coping and psychological adjustment to adversity and negative events.





**Meaning and
suffering...**

“

Personal values are the measuring sticks by which we determine what is a successful and meaningful life.

Mark Manson





Values are important because they give our lives colour,



Values

What is a value?


- Our heart's deepest desires: how we want to be, what we want to stand for and how we want to relate to the world around us.
- Leading principles that can guide us and motivate us as we move through life.

Russ Harris

Values


Where do they come from?

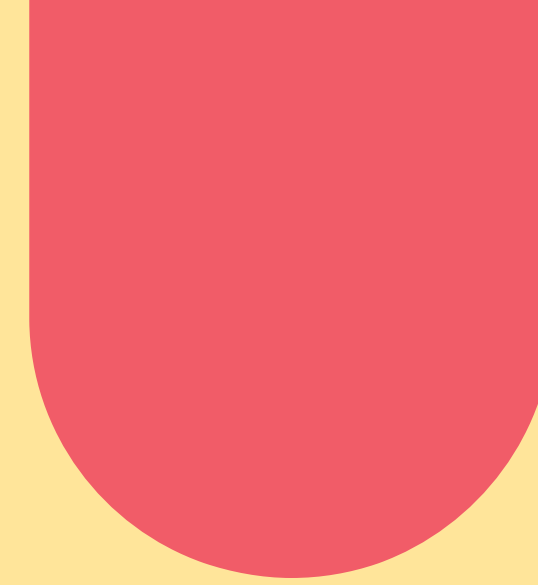




Values clarification

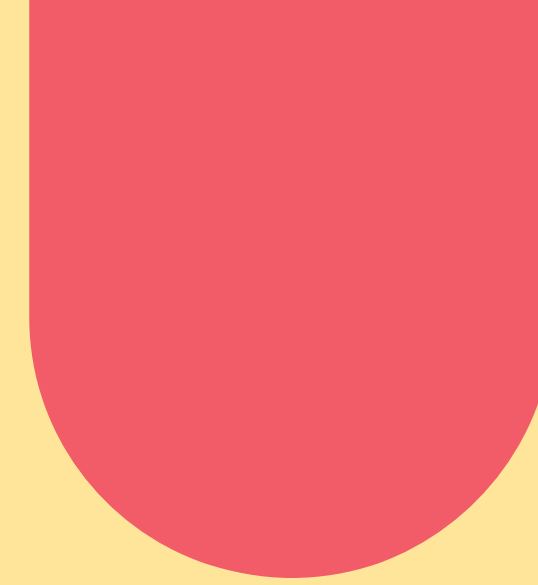
Benefits

- 
- Decreases emotional distress.
 - Stronger sense of purpose and self.
 - Increase in daily functioning and confidence.
 - Enhanced decision making ability.
 - Grounding and motivating.



Value congruence =

The extent to which an individual's behaviour is consistent with their values.



Value incongruence =

Being disconnected from our values



Signs of value incongruence

- Feeling off, unsatisfied, or discontent.

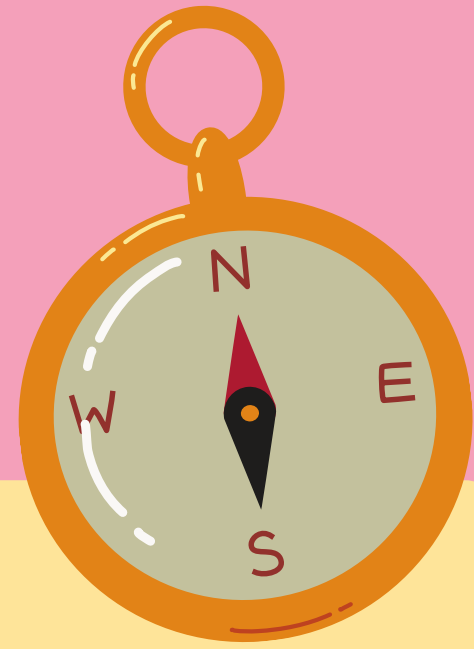


Values vs. urges

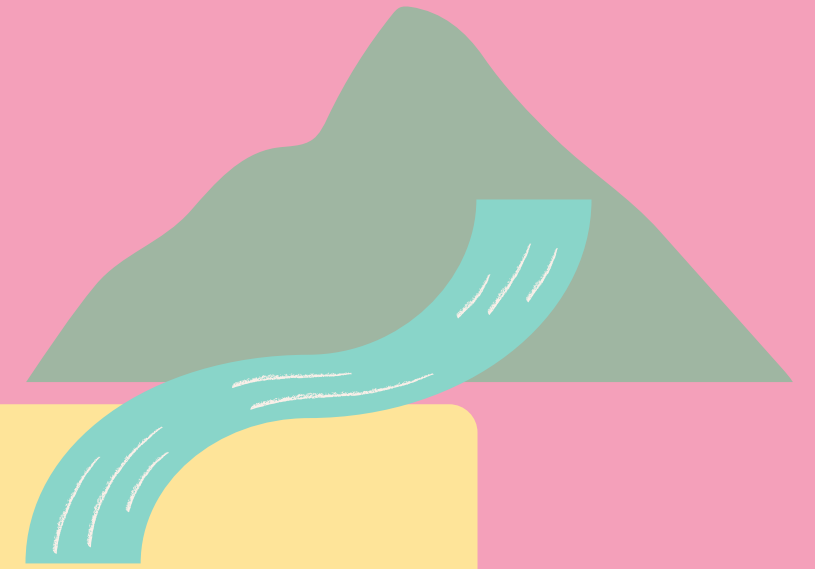
- If I act on this urge, will I be acting like the person I want to be?
- Will it help to take my life in the direction I want to go?

Values ≠ goals

- Both can be motivating and influence decision making.
- Goals: A desired outcome that can be **achieved or completed**.
- Values: An ongoing process, no clear end point.



A **value** is like heading west. No matter how far you travel, there's always farther west you can go.



A **goal** is like a mountain or river you wish to cross on your westward journey. Once you've gone over it, it's a 'done deal'.

If your goals line up with your values, you'd more likely to feel a stronger sense of meaning.




Values vs Goals - By Dr. Russ Harris



Share



www.imlearningtact.com

Watch on  YouTube



**Values
change!**

Some examples of values...

<https://daretolead.brenebrown.com/wp-content/uploads/2019/02/Values.pdf>



List of VALUES

Accountability
Achievement
Adaptability
Adventure
Altruism
Ambition
Authenticity
Balance
Beauty
Being the best
Belonging
Career
Caring
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Dignity

Diversity
Environment
Efficiency
Equality
Ethics
Excellence
Fairness
Faith
Family
Financial stability
Forgiveness
Freedom
Friendship
Fun
Future generations
Generosity
Giving back
Grace
Gratitude
Growth
Harmony
Health
Home
Honesty
Hope
Humility
Humor
Inclusion
Independence
Initiative
Integrity

Intuition
Job security
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love
Loyalty
Making a difference
Nature
Openness
Optimism
Order
Parenting
Patience
Patriotism
Peace
Perseverance
Personal fulfillment
Power
Pride
Recognition
Reliability
Resourcefulness
Respect
Responsibility
Risk -taking

Safety
Security
Self-discipline
Self-expression
Self-respect
Serenity
Service
Simplicity
Spirituality
Sportsmanship
Stewardship
Success
Teamwork
Thrift
Time
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Vision
Vulnerability
Wealth
Well-being
Wholeheartedness
Wisdom

Write your own:






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Reflection questions...





Who do you care about? Who do you like to hang out with?

What matters to you?

What gets you fired up?

What inspires you? What infuriates you?

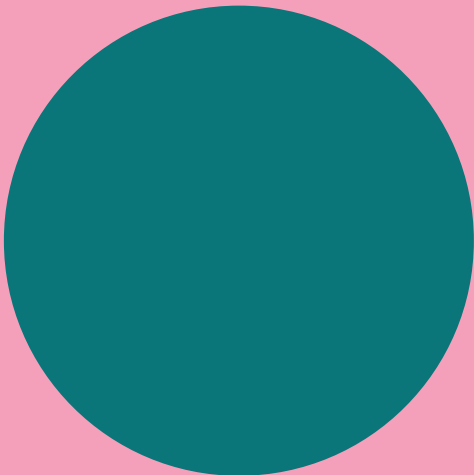

What makes you sad? Happy? Angry? Scared?

What do you enjoy? What "floats your boat"?

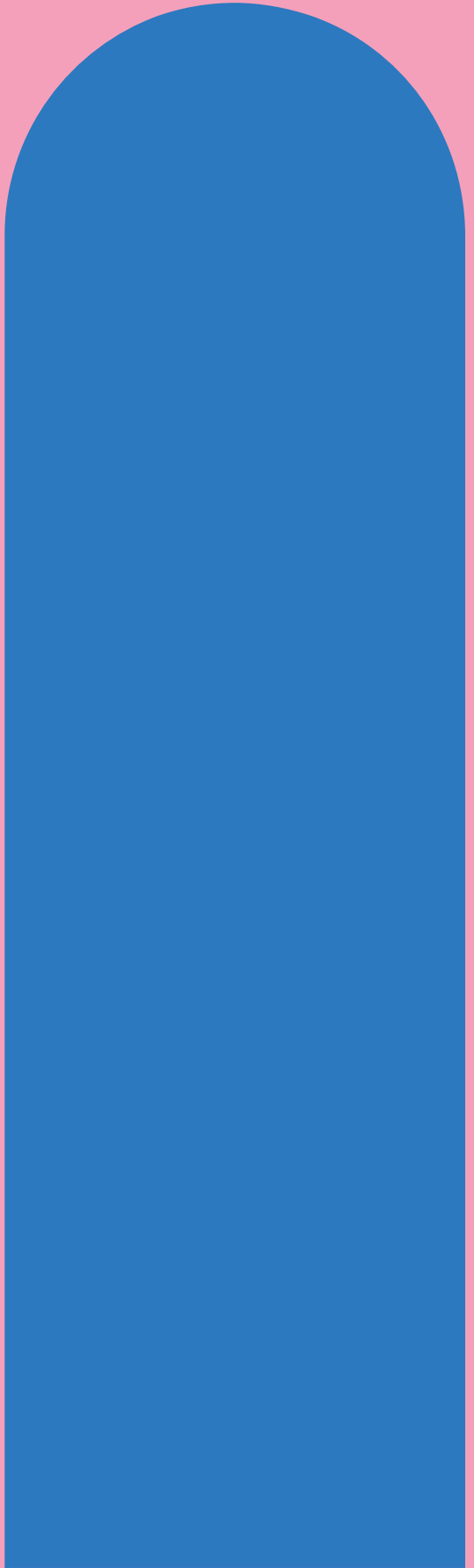
When do you feel grateful or appreciative? For what?

When do you feel you're living life your way? Doing what?





Imagine you're near the end of a long life, and you're looking back on your life as it is today.

- I spent too much time worrying about...
 - I spent too little time doing things such as...
 - If I could go back in time, I would...
- 



2



Living Into Our Values

exercise



From Brene Brown

Living into our values...

1. Identify 10 - 15 values that you hold.
2. Narrow your list down to your 2 core values.
3. Consider the following questions...
 - a. What are 3 behaviours that support your value?
 - b. What are 3 slippery behaviours that are outside your value?
 - c. What is an example of a time when you were fully living into this value?



List of VALUES

Accountability	Diversity	Intuition	Safety
Achievement	Environment	Job security	Security
Adaptability	Efficiency	Joy	Self-discipline
Adventure	Equality	Justice	Self-expression
Altruism	Ethics	Kindness	Self-respect
Ambition	Excellence	Knowledge	Serenity
Authenticity	Fairness	Leadership	Service
Balance	Faith	Learning	Simplicity
Beauty	Family	Legacy	Spirituality
Being the best	Financial stability	Leisure	Sportsmanship
Belonging	Forgiveness	Love	Stewardship
Career	Freedom	Loyalty	Success
Caring	Friendship	Making a difference	Teamwork
Collaboration	Fun	Nature	Thrift
Commitment	Future generations	Openness	Time
Community	Generosity	Optimism	Tradition
Compassion	Giving back	Order	Travel
Competence	Grace	Parenting	Trust
Confidence	Gratitude	Patience	Truth
Connection	Growth	Patriotism	Understanding
Contentment	Harmony	Peace	Uniqueness
Contribution	Health	Perseverance	Usefulness
Cooperation	Home	Personal fulfillment	Vision
Courage	Honesty	Power	Vulnerability
Creativity	Hope	Pride	Wealth
Curiosity	Humility	Recognition	Well-being
Dignity	Humor	Reliability	Wholeheartedness
	Inclusion	Resourcefulness	Wisdom
	Independence	Respect	
	Initiative	Responsibility	<i>Write your own:</i>
	Integrity	Risk-taking	_____



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Living into our values...

4. Answer the following questions...

- Who is someone who knows you values and supports your efforts to live into them? What does support from this person look like?
- What can you do as an act of self-compassion to support yourself in the hard work of living into your values?
- What are the early warning indicators or signs that you're living outside of your values?
- What does it feel like when you're living into your values?
- How can you check yourself?



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Clarifying Your Values activity



From Russ Harris, adapted from Tobias
Lundgren's Bull's Eye



Work / Education

- How do you want to be towards your clients, customers, colleagues, employees, fellow workers, or classmates?
- What personal qualities do you want to bring to your work?
- What skills do you want to develop?

Relationships

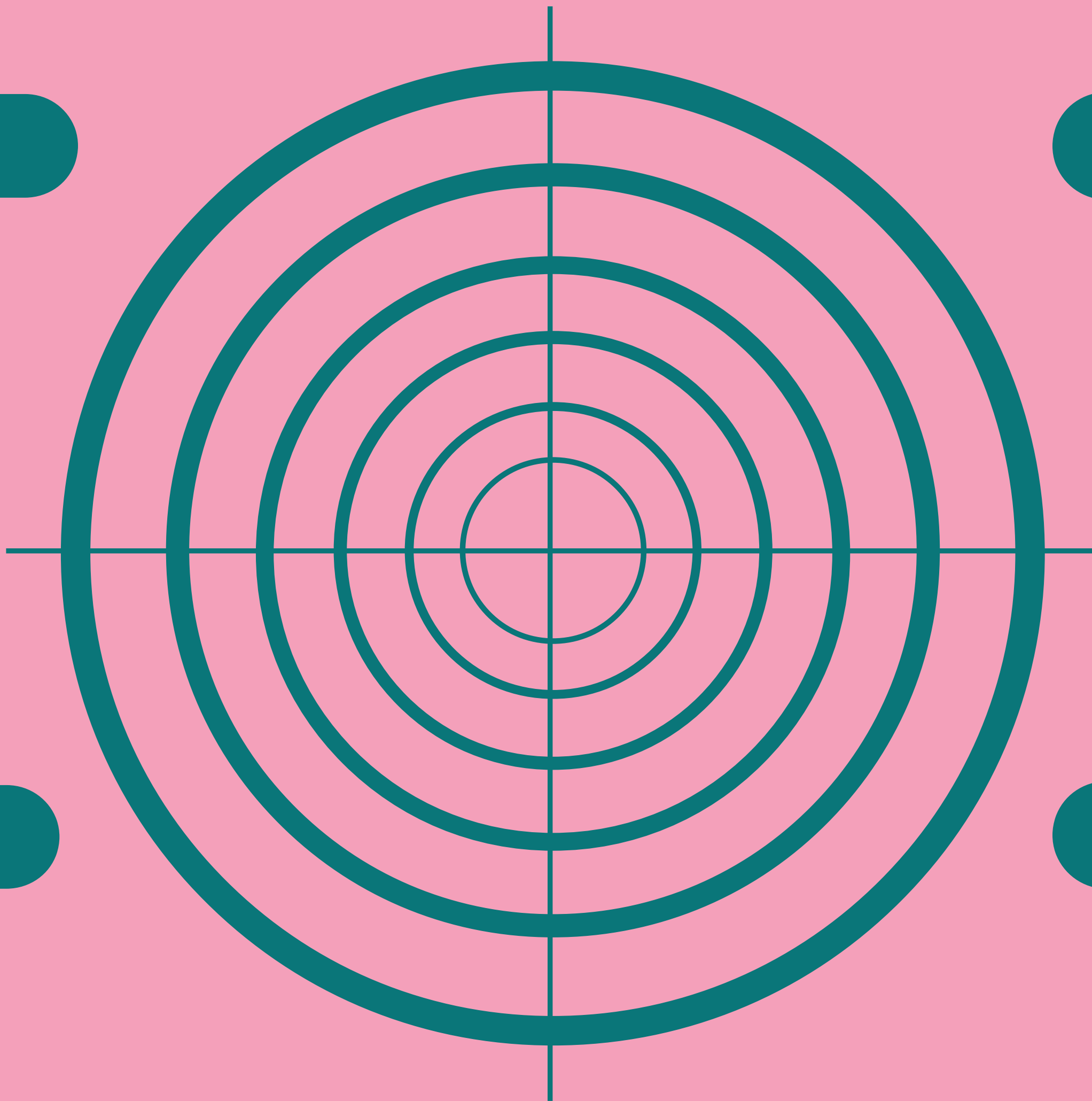
- What sort of relationships do you want to build?
- How do you want to be in these relationships?
- What personal qualities do you want to develop?

Personal growth / Health

Leisure

Work / Education

Personal growth / Health

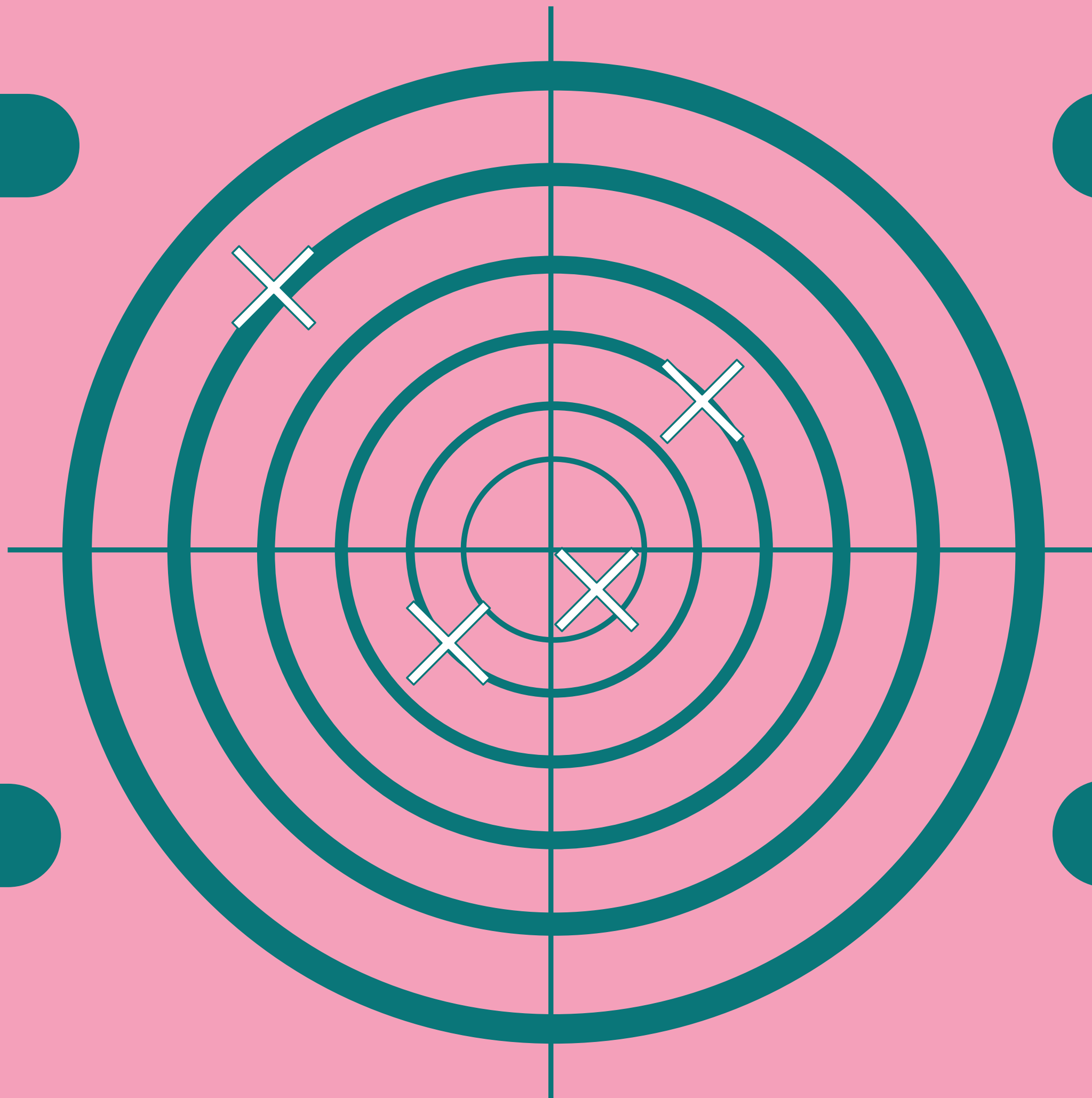


Relationships

Leisure

Work / Education


Personal growth / Health



Relationships

Leisure

Review:

- Meaning and our ability to make meaning is important for wellbeing.
 - What's meaningful to one may not be meaningful to another.
 - Meaning can be derived from anything.
 - Values help us make meaning.
 - Self-reflection can be necessary to determine what our values really are.
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Learn more



Book: The Happiness Trap by Russ Harris

Book: Man's Search for Meaning by Victor Frankl

Podcast: [Unlocking Us - Brene and Barrett on Living Into Our Values](#)

Handout: [Living Into Our Values](#)

Values lists: [200 Personal Values](#)