



MENTAL CLARITY PSYCHOLOGY RESOURCE



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The information provided in this resource is intended to support positive change. Please note that this is not intended to substitute individual tailored treatment for mental illness. If you are seeking diagnosis or treatment of mental illness you should consult a mental health professional for individual services.

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IDENTIFY YOUR VALUES

I'd like you to think about what matters to you most. What's really important? Understanding what we value can support us to make decisions that lead us towards a much more fulfilling life. We can think of our values as our compass, they point us in the right direction and help us manage even when life gets a little bit more tough. Sometimes when we lose sight of what's important it can bring rise to uncomfortable feelings as we are living a life that is incongruent to what truly matters. Understanding our values can also help us to make important decisions in our life.

Read through the following prompts on page 5 and see what sticks out for you, choose one or more of the prompts to begin clarifying what's important to you and write to one and or, each of them.

If you've chosen more than one prompt, I'd like you to see if you can identify themes and group these together to form your values.

IDENTIFY YOUR VALUES

-Who do you idolise? Why do you idolise this person? What characters, traits or attributes do they have that you look up to or perhaps even wish you possessed yourself?

-The Magic Wand – if you had a magic wand and could change anything

-Bring to mind a special memory that stands out in your life. Ask yourself what were you doing, who were you with, how were you feeling and acting at this point in time? You may even wish to choose two memories that are both special however, distinct from one another.

MY LIST

Put a tick or highlight the values which are important to you, add any others in the space below that you may have identified on page 4.

Family: To have safe and enjoyable relationships with our family

Connection: To develop and maintain close, secure and respectful relationships

Fun and Pleasure: to engage in activities that are stimulating

Compassion: To act with kindness and understanding of others and our needs when difficulties arise

Self-respect: treating yourself with honour and dignity, accepting yourself, having pride and confidence

Kindness: the quality of being generous, considerate and warm to others

Honesty: the quality of being truthful and sincere

Inclusiveness: to ensure others belong and to practice being welcoming

Environment: Through our actions caring for the environment including all living things

Independence: To connect with your own desires and beliefs and act with free will

Optimism: To be willing to remain hopeful about our future and maintain an outlook that is expecting of successful outcomes

Patience: To be willing to have or develop the capability to accept or tolerate difficulties, troubles, delays or suffering without becoming upset

Passion: To maintain an internal desire and drive to achieve a purpose, dream, lifestyle or goal which may offer direction and purposeful intention to your life

GETTING CLEAR

Step 1

Write down the values you've identified that are important to you in the heading Core Value and boxes labelled 1-10.

Step 2

Number 1-10 (1 being not at all, 10 being very much) how aligned that value is within the following 4 aspects of life (note there may be other aspects you also deem important however, we will just start with these four.) For example if your value was honesty, you'd look at that and rate 1-10 how honest you are being in relationships, within your work place and so on.

Step 3

Highlight in one colour where you are most aligned and in another, where you are least/not aligned. This chart will give you an understanding of what you'd like to begin working on to become more aligned with what's important and in which aspect of your life.

Core Value	Relationships	Work	Body/Mind Health	Leisure
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				



GOING DEEPER

The following questions are designed to support you to engage in some deeper thinking about how your values are aligned with each of these aspects of your life.

RELATIONSHIPS

How do my core values align with my relationships? Where is the conflict/tension? How might that be a result of differing values?

WORK

How do my core values align with the work I am doing? What may need to change if anything?

BODY/MIND

How do my core values support my mental and physical health? Where is there conflict?

LEISURE

Do I have leisure time? Why or why not? If I have leisure time, how do I spend it and do I spend it in a way that is congruous with my core values



CHOOSING WHAT TO WORK ON

Now it's time to choose what area and what values you want to begin committing some action to. Think about in the next week and longer term such as a month or 6 months.

RELATIONSHIPS

What action could I take today that would align me to my relationships and values? E.g. If honesty is important, how could I begin being honest in relationships, what would I begin doing/saying and what relationship would I start with?

WORK

What action could I take today that would align me to my work and values? E.g. Patience (value) I will practice being patient with change and skill development.

BODY/MIND

What action could I take today that would align me to my body/mind and values?

LEISURE

What action could I take today that would align me to my leisure and values?

LINKS

Here are a few resources that can expand your knowledge on this topic.

- ACT - How to identify your core values
<https://www.youtube.com/watch?v=oZQ00kMdzPU>

