

Appendix III

Consider Your Values and What Matters to You

Knowing your values can guide your actions as they provide us with direction similar to a compass and they can be a long lasting source of motivation.



Values are different than goals. Values are the direction we keep moving towards continually whereas goals are the steps we take that move us towards our valued direction along the way. Goals can be achieved, crossed off our list and then we move on to the next goal. Values are longer lasting. Most of us are taking this program with the hope of managing our weight. We will set SMART goals as steps towards this aim. Linking these aims and goals to longer lasting values can help us sustain our efforts over the long run, assisting with weight management success.

Why does weight management and improved health Matter to You? Perhaps it will make it easier to participate in life, travel and explore, or maybe you value being a good role model for others. Values are the principles that give our lives meaning and allow us to persevere through adversity. They stand for our most meaningful ideals and also they inspire us to keep going when the going gets tough. You've probably learned many of your values from your parents, your teachers, and the society around you. Your values are even more important than your goals, because you might not reach your goals, but you can almost always choose to live by your values.

Choosing Core Values - If you are not sure about your own core values, or if you would like to clarify which of your values are top priority now, here are some helpful hints

1. Choose your top few values from a wide-ranging list of values (see chart for ideas). You can change your mind any time. In fact, it's natural to modify some of the values on this list as you face new and challenging situations. It is best to consider your actual values and not the values that you believe you should have. For the values to truly inspire you – they need to be yours.
2. Think of some people you most admire or love. Consider why they are so important to you. Values can be personified in people that you love and admire. For example I admire “my grandfather for his acceptance and love,” “my wife for her honesty,” “my colleague for his listening skills,” and “my friend for his loyalty,” You might discover your values by naming your heroes. For example, why do you admire, say, Martin Luther King, Jr.? Is it because he fought for social justice? Is it his commitment to non-violence? His kindness to others? Identifying the specific values embodied by your heroes can inspire you to adopt those values for yourself.
3. Consider your values by thinking back to both the sweetest and most painful moments of your life. These moments could direct you to what you care about most. For instance, what were the peak experiences that might reveal key values? If you won an award for teaching, consider that "leadership" or "motivating others" might be significant values.

Acceptance: to be open to and accepting of myself, others, life etc	Connection: to engage fully in whatever I am doing, and be fully present with others	Equality: to treat others as equal to myself, and vice-versa	Fun: to be fun-loving; to seek, create, and engage in fun-filled activities	Intimacy: to open up, reveal, and share myself -- emotionally or physically – in my close personal relationships
Adventure: to be adventurous; to actively seek, create, or explore novel or stimulating experiences	Contribution: to contribute, help, assist, or make a positive difference to myself or others	Excitement: to seek, create and engage in activities that are exciting, stimulating or thrilling	Generosity: to be generous, sharing and giving, to myself or others	Justice: to uphold justice and fairness
Assertiveness: to respectfully stand up for my rights and request what I want	Conformity: to be respectful and obedient of rules and obligations	Fairness: to be fair to myself or others	Gratitude: to be grateful for and appreciative of the positive aspects of myself, others and life	Kindness: to be kind, compassionate, considerate, nurturing or caring towards myself or others
Authenticity: to be authentic, genuine, real; to be true to myself	Cooperation: to be cooperative and collaborative with others	Fitness: to maintain or improve my fitness; to look after my physical and mental health and wellbeing	Honesty: to be honest, truthful, and sincere with myself and others	Love: to act lovingly or affectionately towards myself or others
Beauty: to appreciate, create, nurture or cultivate beauty in myself, others, the environment etc.	Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty	Flexibility: to adjust and adapt readily to changing circumstances	Humor: to see and appreciate the humorous side of life	Mindfulness: to be conscious of, open to, and curious about my here-and-now experience
Caring: to be caring towards myself, others, the environment etc.	Creativity: to be creative or innovative	Freedom: to live freely; to choose how I live and behave, or help others do likewise	Humility: to be humble or modest; to let my achievements speak for themselves	Order: to be orderly and organized
Challenge: to keep challenging myself to grow, learn, improve	Curiosity: to be curious, open-minded and interested; to explore and discover	Friendliness: to be friendly, companionable, or agreeable towards others	Industry: to be industrious, hard-working, dedicated	Open-mindedness: to think things through, see things from other's points of view, and weigh evidence fairly.
Compassion: to act with kindness towards those who are suffering	Encouragement: to encourage and reward behaviour that I value in myself or others	Forgiveness: to be forgiving towards myself or others	Independence: to be self-supportive, and choose my own way of doing things	Patience: to wait calmly for what I want

Persistence: to continue resolutely, despite problems or difficulties.	Respect: to be respectful towards myself or others; to be polite, considerate and show positive regard	Self-awareness: to be aware of my own thoughts, feelings and actions	Sensuality: to create, explore and enjoy experiences that stimulate the five senses	Supportiveness: to be supportive, helpful, encouraging, and available to myself or others
Pleasure: to create and give pleasure to myself or others	Responsibility: to be responsible and accountable for my actions	Self-care: to look after my health and wellbeing, and get my needs met	Sexuality: to explore or express my sexuality	Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable
Power: to strongly influence or wield authority over others, e.g. taking charge, leading, organizing	Romance: to be romantic; to display and express love or strong affection	Self-development: to keep growing, advancing or improving in knowledge, skills, character, or life experience.	Spirituality: to connect with things bigger than myself	Another value:
Reciprocity: to build relationships in which there is a fair balance of giving and taking	Safety: to secure, protect, or ensure safety of myself or others	Self-control: to act in accordance with my own ideals	Skillfulness: to continually practice and improve my skills, and apply myself fully when using them	Another Value:

Russ Harris (2008) The Happiness Trap