

# Values Finder

Reflect on your values within the following dimensions, and then do the Values Finder exercise on page 79 of *The Mindfulness Workout*.

<b>Family</b>	<ul style="list-style-type: none"> <li>• What sort of son/daughter, brother/sister do you want to be?</li> <li>• How would you behave toward other family members when you are being your best self?</li> <li>• What qualities do you believe are important in family relationships?</li> </ul>
<b>Friendships and Social Life</b>	<ul style="list-style-type: none"> <li>• If you were the most loyal, best friend ever, how would you behave towards your friends?</li> <li>• What qualities do you believe are important in a friendship?</li> <li>• What qualities would you like to bring into your friendships?</li> </ul>
<b>School</b>	<ul style="list-style-type: none"> <li>• What do you enjoy about learning?</li> <li>• If you were the best student ever how would you behave in school?</li> </ul>
<b>Recreation and Fun</b>	<ul style="list-style-type: none"> <li>• How do you bring fun and joy into your life?</li> <li>• How do you contribute to bringing fun and joy into your relationships?</li> </ul>
<b>Health and Well-being</b>	<ul style="list-style-type: none"> <li>• What is important in looking after your health (sleep, diet, exercise, etc)?</li> <li>• What do you do to relax and unwind?</li> </ul>
<b>Spirituality and Citizenship</b>	<ul style="list-style-type: none"> <li>• What is important to you in spirituality and religion?</li> <li>• How would you like to contribute to your community?</li> <li>• How would you like to contribute to the environment?</li> <li>• How would you like to contribute to making the world a better place?</li> </ul>