

We all have our own set of personal values or principles about how we want to live, what is most important to us, and what kind of person we want to be. Some examples of personal values include: *being a supportive loving parent, connecting with a higher-power, giving back to the community, being honest and kind, or trying out new things.* We can learn and practice ways to fully connect with our personal values and make conscious, valued choices in our daily lives. We can get in touch with who we really are and how we want to grow as individuals.

Learning Point # 1 → *Our values give us strength*

Our values give us strength to fully engage in life, even when discomfort comes up. Getting in touch with our values gives us the strength to do the things we care about, even when those things might bring about fear, anxiety, doubt, or discomfort. Rather than trying to avoid discomfort at all costs, we can figure out when it's worth it to face discomfort and work through it. We can tell ourselves things like: *"Applying for this job is really important to me and my values. I know discomfort and doubt will come up along the way. I also know that I can work through these feelings and my values will give me the strength to keep going."*

- From your perspective, why do you think values are helpful in giving us strength?

Learning Point # 2 → *Choice points*

There are hundreds of "choice points" throughout the day. Every day we make lots of choices about what to do and how to respond to others. All of these choice points give us an opportunity to follow our values and be the person we want to be in every moment of every day. We can let our personal values guide us, for both small daily choices and big life choices. At any time, we can pause and ask: *"How can my values guide me right now? How can I make choices in line with my values?"*

- Why do you think it could be helpful to pause and think about your values in your daily life?

Learning Point # 3 → *The person I want to be*

Personal values are all about what kind of person we want to be every day. Our values are kind of like our "inner compass." Our values guide us each day and tell us which direction to go so that we can stay true to ourselves. We can think about what type of person we want to be in different areas of life, such as relationships, work, play, health, community, and spirituality. When we are thinking about a certain area of life, such as relationships, we can pause to ask ourselves: *"What kind of person do I want to be when it comes to this area of life?"*

- What kind of person do you want to be in each of the following areas:
(examples provided for each area)
 - Relationships: "I want to be a person who is dependable, honest, and supportive."
 - Work: "I want to be a person who is passionate and a team player."
 - Play: "I want to be a person who can be silly and "let go" when needed."
 - Health: "I want to be a person who prioritizes both physical and emotional health."
 - Community: "I want to be a person who is kind and generous to all people."
 - Spirituality: "I want to be a person who is grateful for the gifts I have been given."

Daily Practice

Your brain is like a muscle. DAILY PRACTICE makes it strong.

Research studies show that daily practice...

- Makes your brain healthier and stronger
- Reduces stress and anxiety
- Increases positive emotions

Recommendations for Daily Practice

- Set aside a little time every day to do ONE lesson or exercise. The lessons focus on *learning* key concepts. Exercises focus on *strengthening* your skills.
- The key is to CHOOSE what works for you. Develop a personalized practice of your own. If you miss a day, no worries. You can always get back on track the next day
- An exercise that goes well with this lesson is the **Reflect on my Values Exercise**, which is available in the *Self-Reflection Category* of the Exercises section at MindfulCoping.com

Plan for Your Daily Practice

	What date/day of week will this be for me?	What Lesson or Exercise will I plan to do on this day? <i>(Tips: Consider repeating the “Getting in Touch with Values” lesson or trying the Reflect on my Values Exercise)</i>	When and where will I practice?
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Keep in mind, the Mindful Coping Program is designed to be FLEXIBLE. Don't worry about doing the lessons or exercises in a particular order. You can go through the lessons and exercises in any order you prefer.
