

Taking a closer look at our values

Values are your principles or judgement of what is important in your life. They help you navigate and influence your daily decisions and behaviours.

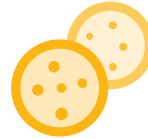


What is the difference between our goals and values?

Goals are something we strive for, an objective we set and try to achieve. Once achieved, we cross it off our list, and have to think about setting new goals.

Values on the other hand cannot be “achieved” or “finished”, this means they can always be a source of motivation for you.

Goals can be created to be consistent with your values. Once we identify what our values are, we can set goals that help us work in that direction. Think of goals as the steps you take to help you be consistent and stay on the path that travels in the direction of your values.



Let's discuss an example:

You have two cookies in front of you. One is a picture-perfect, freshly-baked, chocolate chip cookie and the other is a hard, burnt, chocolate chip cookie.

Which cookie would you choose?

Probably the freshly-baked cookie, right? Now, what if you found out that the burnt cookie was made by your young niece or nephew, child, or grandchild and they spent all day preparing and baking it for you?

Which cookie would you choose now?

If you changed your answer, this would be an example of how your behaviour was driven by your values. In this case, the value was the love of family or wanting to be an active participant in the lives of your family.

Our values shape our decisions.

How do we determine our values?

Ask yourself “why?” to drill down to the core values behind your weight management plan. Use the exercise below to help identify one of your values:

Why do you want to manage your weight?

I want to be healthy.

Why do you want to be healthy?

I want to feel better and have more energy.

Why do you want to have more energy?

I want to be active with my friends and family.

Why is being active and doing more things with your friends and family important?

I want to live a long, healthy life and not be limited by my weight. Being healthy and surrounded by my family and friends is an important value to me.

The importance of reflection

Taking some time everyday to reflect will give you the opportunity to see if the decisions you make are in line with your values. Identifying and appreciating these small successes will help you build your confidence.

You will encounter some bumps in the road—these are important too! By reflecting on any missteps and recognizing how they made you feel, will give you the opportunity to learn.

Take a moment to reflect on your day. Did the choices you made align with your values?

Yes
On track



How did it make you feel?

No
Off track



How did it make you feel?

Fill in your experience, feelings, and thoughts

Fill in your experience, feelings, and thoughts

Remember the feeling of having an on-track day and let it create moments of learning to help reinforce on-track behaviours.

Beware of self-critical thoughts!
One off-track day doesn't mean **you're** off track. Off-track days in the absence of self criticism are valuable learning experiences.

Our values are what drive us—they are the compass that guides us to be the best version of ourselves.