

EMPOWERING OUR PATH

EXPLORING CORE VALUES



VALUES ARE THE FUNDAMENTAL BELIEFS THAT WE LIVE BY. THEY GUIDE OUR ATTITUDES, BEHAVIOURS, AND DECISIONS IN EVERYDAY LIFE, PROVIDING US WITH A SENSE OF DIRECTION AND PURPOSE.

HERE ARE SOME PROMPTS THAT WILL GUIDE YOU IN **REFLECTING ON YOUR CORE VALUES**.

1 WHAT ARE SOME THINGS THAT I WILL NOT COMPROMISE ON?

2 WHO DO I ADMIRE THE MOST IN MY LIFE? WHAT VALUES DO THEY DEMONSTRATE?

3 WHAT MAKES ME FEEL MOST ENERGIZED?

4 WHAT MAKES ME FEEL FRUSTRATED AND DISTRESSED?

5 WHAT IMPACT DO I WANT TO MAKE IN THE WORLD?

IDENTIFYING CORE VALUES

KNOWING YOUR CORE VALUES IS IMPORTANT BECAUSE THEY GUIDE YOUR DECISIONS AND ACTIONS. WHEN YOUR LIFE ALIGNS WITH YOUR VALUES, YOU MIGHT EXPERIENCE IMPROVED WELLBEING, CLARITY, AND MORE MEANINGFUL EXPERIENCES.

USE THIS LIST TO HELP YOU IDENTIFY YOUR **TOP 3 MOST IMPORTANT VALUES?**

FAMILY	RESILIENCE
CAREER	RELATIONSHIPS
HONESTY	POWER
GROWTH	INDEPENDENCE
GENEROSITY	LOYALTY
COURAGE	SPIRITUALITY
RECOGNITION	BEAUTY
FRIENDSHIP	COMMUNITY
RESPECT	INTEGRITY
LOVE	ADD YOUR OWN

CORE VALUES REFLECTION

OUR VALUES SHAPE OUR IDENTITIES AND INFLUENCE OUR RELATIONSHIP WITH OURSELVES AND THE WORLD AROUND US.

VALUES REFLECT WHAT WE CONSIDER IMPORTANT AND GUIDE OUR PRIORITIES. THEY CAN BE GAINED BY OUR OWN BELIEFS, AS WELL AS THROUGH OUR FAMILY, FRIENDS AND SOCIETY.

TAKE A MOMENT TO REFLECT. **WHERE DO YOUR CORE VALUES COME FROM?**

The diagram consists of four concentric circles, each representing a source of core values. The circles are labeled from the innermost to the outermost: **Myself**, **Family**, **Friends**, and **Society**. Each circle contains several horizontal lines for writing. The **Myself** circle has 6 lines. The **Family** circle has 6 lines. The **Friends** circle has 6 lines. The **Society** circle has 6 lines.

CORE VALUES APPLICATION

BY ALIGNING OUR ACTIONS WITH OUR VALUES, WE CAN ACHIEVE AN IMPROVED SENSE OF FULFILLMENT AND BALANCE, CONTRIBUTING TO OUR OVERALL WELLNESS.

HERE ARE SOME PROMPTS TO HELP YOU IN **APPLYING YOUR VALUES**.

1 WHAT 3 VALUES DO I WANT TO FOCUS ON MORE?

2 ARE THERE ANY VALUES THAT NO LONGER SERVE ME?

3 WHAT ARE SOME BEHAVIOURS I CAN IMPLEMENT THAT SUPPORT MY VALUES OF FOCUS?

4 WHAT ARE SOME BEHAVIOURS TO AVOID, AS THEY TAKE ME AWAY FROM MY VALUES?

WHO ARE WE?

AS A BLACK WOMAN PSYCHOTHERAPIST, I AM COMMITTED TO BREAKING DOWN BARRIERS, AND PROVIDING SUPPORT TO THOSE WHO HAVE HISTORICALLY BEEN UNDERSERVED. MY GOAL IS TO CREATE A SAFE ENVIRONMENT WHERE EVERYONE CAN FEEL HEARD AND SUPPORTED WHILE WORKING TOWARDS BEING THE BEST VERSION OF THEMSELVES.

AT **MORE MINDFULNESS**, OUR MISSION IS TO PROVIDE INCLUSIVE, ACCESSIBLE AND COMPASSIONATE MENTAL HEALTH SERVICES, AND WELLNESS RESOURCES TO ALL. WE OFFER YOUTH, ADULT AND FAMILY PSYCHOTHERAPY, AS WELL AS MENTAL HEALTH AND WELLNESS SEMINARS AND RESOURCES. WE STRIVE TO HONOUR THE DIVERSE IDENTITIES AND EXPERIENCES OF ALL INDIVIDUALS WE SERVE.



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OUR WEBSITE

WWW.MOREMINDFULNESS.CA