

VALUES

EXPLORATION

TheWellnessSandbox.ca

MATERIALS:

- Paper and pen

INSTRUCTIONS:

1. Ask participants to record their most important life goals and values.
2. Ask them the following questions:
 - What things are most important to you?
 - What do you want most in life?
 - How does your behaviour fit in with your goals and values?
 - Have them consider where there are discrepancies between ideal life conditions and actual conditions.

DISCUSSION:

Ask the group questions like:

- Does your current behaviors/actions/activities align with what you value most?
- Can you identify the barrier between aligning the two?
- What small changes or support could you seek out to help better align your current behaviors with your values?
- Do your goals need to be adjusted?

Source: Hardcastle, S. J., et al. (2015). Motivating the unmotivated: how can health behavior be changed in those unwilling to change? *Frontiers in Psychology*, 6, 835. <http://doi.org/10.3389/fpsyg.2015.00835>