Exercise: Putting things that matter to you into practice

Goal

You will find ways to live according to your values.

Instructions

Choose something meaningful that is important to you right now and that you want and are able to start working toward.

Think about what could be a small step toward living by this value.

A meaningful thing I will start working on

For example: 'I value my physical health'

What could be a small step toward acting on this?

For example: 'I go out at least once a day'

When and how will I do this?

For example, "Start today by going for an evening walk"