

Instructions for Values Assessment Worksheet

1. Please read the article found at [torontoconcussion.ca > Education > Library > Scheduling & Behavioural Activation](https://torontoconcussion.ca/terminology/scheduling-behavioural-activation/) (<https://torontoconcussion.ca/terminology/scheduling-behavioural-activation/>) to learn more contextual information about this exercise.
2. Use the **VALUES ASSESSMENT COMPASS** found at <https://torontoconcussion.ca/terminology/scheduling-behavioural-activation/#1616438179585-46881901-ad07> as a reference for determining the values that are important to YOU.
3. Use the blank table on the next sheet to list and define the values that are important to YOU.
 - a. In the **VALUES** column, name and list the values you identify with from the compass (if there are others that are not listed, feel free to include them in your table)
 - b. Complete the **DESCRIPTION OF YOUR VALUES** column by defining the values you identified
 - You can use the questions beneath each category in the compass as a guide to answering this
 - c. Rate the **IMPORTANCE** of each value you have identified, using a scale of 1-10
 - 1 represents the values that are not so important to you
 - 10 represents the values that are the most important in YOUR life
 - d. Complete the **SUCCESS** column by describing how you have been able to live by these values over the past month
 - e. What do you do daily/weekly/monthly, that helps you live inline with this value?
 - f. In the **ACTION** column, note down any steps that you think you could take towards growing this value in your everyday life

VALUES ASSESSMENT WORKSHEET

[illegible]

Reflection on Values Assessment Worksheet

1. Reflecting on my completed table, which THREE values do I hold in the highest importance?

2. Am I living inline with these values as much as I would like?

a. What are the barriers/obstacles holding me back from living inline with these values?

3. What positive difference(s) will living inline with these values make to my life?

a. What are the changes I will notice if I am living more inline with my values?

4. What are 2-3 action steps I can take towards growing these values in my daily life?