DISCOVER YOUR VALUES

With so many choices available to us in terms of how to spend our time and energy, it can be difficult to prioritize (or even know!) what we really want. Knowing what we want is a good first step in setting boundaries. When we're clear on what's important to us, the path ahead becomes clearer.

SAYING YES

- Below, list your three most important values (eg., stability, family, friendships, pleasure, creativity, health, adventure).

1. _____
2. _____
3. _____

If you're having trouble figuring out your values, you can use a values card sort exercise like **this one**.

- Now, list three things you want to say yes to, in line with each of those values (eg., for the value of health, you might want to say yes to regular appointments with your health professionals, or for a value of adventure, the thing you're saying yes to could include travel, or trying one new thing a month).

Value: _____

1. _____
2. _____
3. _____

Value: _____

1. _____
2. _____
3. _____

Value: _____

1. _____
2. _____
3. _____

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SAYING NO

So, what do you need to say no to in order to say yes to everything you listed above? Write out 10 things you're spending time, resources, or energy on that don't fit with your values.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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