

Values-Based Living and Decision Making

Life can be demanding and difficult to navigate. Not to mention, managing and coping with stress, adversity, and trauma responses.

Values-Based Living is an important guidepost in a behavioral therapy called Acceptance and Commitment Therapy (ACT), developed in 1986, by Dr. Stephen Hayes.

Values-Based Living is a fundamental exercise I incorporate in my practice with my clients. I have also particularly found this to be helpful in my own personal life.

Values-based living and decision making simplifies things for you. When making any decision, you can always reference your values and internally ask yourself the following:

IS this decision, in this moment (this time/date) consistent with the values I have identified?

Values-Based Living and Decision Making

How do I incorporate this in my life?

Let's look at a few domains in life:

Home/Family

Personal Health

Employment/career

Now, imagine competing demands....



Should I deep clean the house, or spend quality time with child and partner?



Should I take an hour to myself and ask my partner for help, or try to be a super-mom and do everything myself?



Should I accommodate a client's request for an evening session? How will this impact my husband and my son, and our quality time?

Values-Based Living Requires Mindfulness

Mindfulness simply means intentional internal and external attention, without judgment, in this moment in time.

Helpful Mindful Attitudes to also employ, include but are not limited to:

**Curiosity, Patience, Acceptance,
and Letting-Go**

Tuning inward, bringing curiosity and attention to your values....



Simplifies your life



Helps you be more consistent, reliable, and accountable with yourself and others

Suggestions:

 Try to choose up to **5 CORE VALUES**

 Share your values with your partner and loved ones and inquire about their core values

 If you are in a relationship, take some time to identify your shared values that will be helpful when making decisions as partners/parents

Accountability
Achievement
Activism
Adaptability
Adventure
Altruism
Ambition
Authenticity
Autonomy
Balance
Beauty
Career
Caring

Humility
Humor
Inclusion
Independence
Initiative
Integrity
Intuition
Job Security
Joy
Justice

Reliability
Resourcefulness
Respect
Responsibility
Risk-taking
Security
Self-Discipline
Self-expression

Climate-Consciousness
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity

Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love
Loyalty

Self-Respect
Serenity
Service
Simplicity
Spirituality
Stewardship
Success
Sustainability
Teamwork
Thrift
Time

Curiosity
Dignity
Diversity
Efficiency
Eco-Consciousness
Environment
Equality
Ethics
Excellence
Fairness
Faith
Family

Making a
difference
Nature
Openness
Optimism
Order
Parenting

Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Vision
Vulnerability
Wealth
Wellbeing
Wholeheartedness
Wisdom

Financial Stability
Forgiveness
Freedom
Friendship
Fun
Generosity
Grace
Gratitude
Growth
Harmony
Health
Heritage
Home
Honesty
Hope

Patience
Patriotism
Peace
Perseverance
Personal Fulfillment
Power
Pride
Recognition

