Working out what's important to you

Most boundaries we make are guided by what's important to us as an individual. Those values tell us how we want to be treated, what we give the most priority to or what our focus is. When these values are ignored or disrespected we can be left feeling a bit trampled. But it can sometimes be hard to name exactly what our values are. Use the box below to circle the top 5 things that mean the most to you and list them below.

Freedom Creativity Trust Family Beauty Love
Health Truth Power Justice Patience Friendship
Environment Self-control Independence Commitment
Control Spirituality Bravery Open-mindedness Safety
Fairness Peace Learning Happiness Fitness Nature Rest
Truth Adventure Equality Loyalty Curiousity Respect
Self-expression Security Time alone Education Career



My List of values:	1. ---------- 2. ---------- 3. ---------- 4. ---------- 5. ----------

Can you circle the three values that are the highest in importance to you on this list? You can then try the exercise below

Value:	How does this affect how I like to be treated?	Is there a boundary I could put in place to protect this value?
Example: **Rest** ----------	*I need people to understand that I need good times of rest at home to be the best version of myself*	*I will make sure I have two nights in each week where I will do things I love and turn my phone on silent. I will say no to going out*

