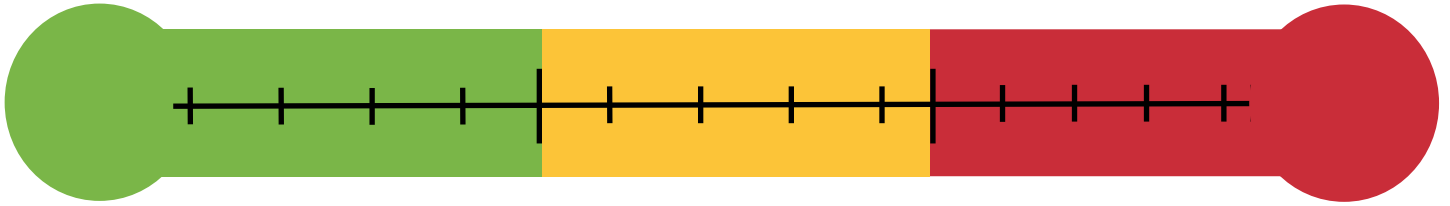


# Weekly Check-In



Think back to the **Well-Being Thermometer**. Are you in the **Green zone**, **Yellow zone**, or **Red zone**? What can you do to stay in the green zone or move towards the green zone?

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## Think back to last week's homework activity:

What went well?

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What was challenging? What have you learned *about yourself* that will help you to manage these challenges in the future?

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# Session 2

## *Living By Our Core Values & Goal Setting*

Our values represent what's most important to us in life and act as our internal compass to guide our thoughts, choices, and actions. We use our values to *evaluate* our everyday choices and actions, different situations, and other people. Our values also *motivate* our choices and actions, as well as *shape* the goals we pursue in life.



Learning to live in line with what you value most is essential to living a more **authentic life**. However, you may have lost touch with some of your values during the COVID-19 pandemic, which may have left you feeling purposeless and without the same meaning in life that you had before the pandemic.

### ***Why is it important to consider our values in life during COVID-19?***

During stressful and uncertain times such as these, it becomes increasingly important to remind ourselves of what we value most. For example, family may be one of your important values. Values of family may have motivated you to set specific goals to virtually visit with your family, which helped renewed your sense of connection.

Reminding ourselves of what we value most in life can also help give meaning to our times of struggle. Perhaps, you've struggled with current changes to your lifestyle in adhering to COVID-19 health guidelines. If personal health and community are part of your values system then perhaps you've been able to justify these values in your choice and actions to follow the public health guidelines.

# What Are My Values?

Although everyone has different values, there are 10 basic values that have been identified as important to most people. Take a moment to reflect on the **importance** of each value on a scale of 1 (*not important*) to 10 (*very important*). Also, rank how **satisfied** you are with this value in your life currently, on a scale of 1 (*not at all satisfied*) to 10 (*very satisfied*).

	<b>Importance</b>	<b>Satisfaction</b>
1. Personal growth	_____	_____
2. Leisure	_____	_____
3. Spirituality	_____	_____
4. Health	_____	_____
5. Employment/career	_____	_____
6. Family	_____	_____
7. Community & Environment	_____	_____
8. Social Relationships	_____	_____
9. Intimate Relationships	_____	_____
10. Parenting	_____	_____
11. Benevolence	_____	_____
12. Achievement	_____	_____
13. Tradition	_____	_____
14. _____	_____	_____
15. _____	_____	_____

# What Are My Values?



Knowing what you value most in life can help you to live more authentically. Living authentically means that your choices and actions line up with your most important values. Take a moment to reflect on your most (and least) important values in life.

Which three values are the **MOST** important to you?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Which three values are the **LEAST** important to you?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# From Values To Roles

Our values are closely linked to the roles we play in life. Think about how your values can be seen in your most important roles.



- Being a good friend
- Being a good family member
- Being a good community member
- Being spiritual/religious

- Being a good athlete
- Being a good artist
- Being a good musician
- Being a good entrepreneur/innovator



With the COVID-19 pandemic, you may have noticed a shift in your roles. For some, the time you spend in each of your roles may have shifted. For example, you may be spending more time in your role as your parent and less time in your role as an employee. For others, you may notice that your work role may have increased significantly. For some of us, we may have lost some of our roles altogether. This can be the case if you've lost a job or a loved one during this time. It can be helpful to reflect on these changes to our roles.

# From Values To Roles



How have your roles changed during the COVID-19 pandemic?

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How do your current roles reflect your values? What are ways that you can incorporate your values into your current roles?

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If you've experienced a loss to one of your roles, take a moment to write about this loss. Try to use your values to find new ways to take on a similar role.

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It might be helpful to ask yourself:

- Is what I am doing right now important to me?
- Am I spending enough time doing activities that are in line with my most important values and roles?
- Which course of action is more in line with my values and roles?

# The Power of Self Affirmation

Self-affirmation is the **intentional** act of reflecting on and confirming to ourselves what is important to us. We may ask ourselves, "Why am I doing this?", "Is this important to me?" and "How does this fit with what I value in life?" The power of self-affirmation comes with taking the time to reflect regularly on how our every day choice and actions reflect our most important values in life, particularly in the roles we play.



Taking the time to reflect on what is important to us can help us deal with the every day challenges and stressors in life. It can help us discover a deeper sense of happiness and well-being because we are reminded that our everyday choice and actions are not random but rather guided by our most important values.

Take a moment to think about a recent time that was challenging for you. Ask yourself: Why did I do that? Why is that important to me? Reflect on how your choices and actions were in line with your values.

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# The Power of Self Affirmation

## What are goals and why are they important to talk about?



There are different types of goals. Pursuing intentional goals in life is linked strongly to well-being. Having and attaining personal goals that you value can promote happiness and contribute to a more meaningful life.

## How do goals relate to values?

Values direct us in a way that is meaningful. We set goals that move us in the direction of our values. You can think of values as similar to a compass – it guides you in a specific direction. Goals are steps along the way that move us in the direction of these values.



## What are some of your current goals?

1. \_\_\_\_\_.
2. \_\_\_\_\_.
3. \_\_\_\_\_.

Not all goals that we set are in line with our values or don't contribute equally to our well-being. We will learn about several important features of goals.



# Extrinsic vs. Intrinsic Goals

We can be motivated to do things for either *extrinsic* or *intrinsic* reasons.

**Extrinsic goals  
are motivated by  
external rewards**

- To be wealthy and materially successful.
- To be famous, well-known, and admired.
- To look attractive in terms of body, clothing, and fashion.

**Intrinsic goals  
are motivated by our  
most important values**

- To achieve personal empowerment, control, and esteem.
- To have authentic and meaningful relationships.
- To help the world through activism and generativity.
- To feel healthy and be free of illness.

## **Well-Being & Extrinsic Goals**

- Over-emphasizing financial successes is related to negative outcomes like anxiety and depression.
- Valuing extrinsic goals over intrinsic goals is associated with lower self-esteem, a lower quality of relationships with friend and romantic partners.

## **Well-Being & Intrinsic Goals**

- Pursuing self-acceptance and a feeling of community is associated with greater well-being and psychological fulfillment.
- Even if someone is successful in their pursuit of an extrinsic goal, they are not likely to experience the same well-being benefits that come with achieving intrinsic goals.

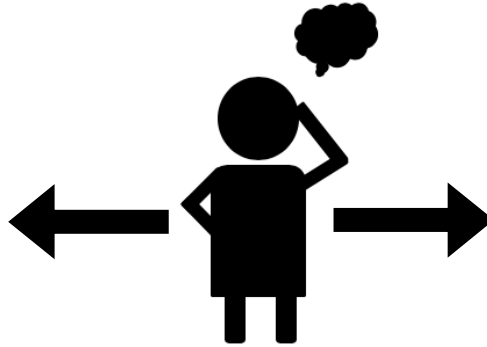
# Avoidance vs. Approach Goals

**Avoidance** goals are focused on avoiding or moving us *away* from something undesirable or from something that causes us to feel fear and anxiety. **Approach** goals move us *towards* something in line with our most important values.

Goals that are based on avoiding something undesirable are related to lower well-being. On the other hand, goals that move us towards our values, and not away from things that we fear, can boost our well-being.

## Avoidance Goals

*Danielle wants to video call with her friends because she wants to avoid coming into contact with germs.*



## Approach Goals

*Danielle wants to video call with her friends because it gives her a sense of belonging and connection.*

It is important that we pursue goals that lead us **closer** to what we want rather than **away** from what we don't want.

## Setting goals with intention

Ask yourself the following question about your goals:

- Am I pursuing my goal for extrinsic rewards, or for intrinsic reasons?
- Is my goal avoidance-oriented or approach-oriented?

Take a moment to review the goals you wrote down. If you need to, revise these goals to be more **intrinsic** and **approach** oriented:

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# Setting *SMALL* Goals

It can be easy to focus on our "big" goals in life. However, to achieve these goals it can be helpful to break them down into *SMALL* goals:

**S.** *Even though I am really busy, being a good friend is valuable to me, so I am willing to make more time to connect with my friends.*

**M.** *I will meet my goal if I see my friends at least one time a week.*

**A.** *I will achieve my goal by messaging my friends every Sunday to plan a video call for the week.*

**L.** *Because I have a very busy schedule I can only commit to "seeing" my friends once a week.*

**L.** *I will try video call with my friends once a week for the next two weeks and see how it goes.*

**S**

## **SELF-SELECTED**

Your goals should be your own. Choose goals that fit into your life and only change behaviours that you are willing to negotiate.

**M**

## **MEASURABLE**

Develop a concrete way to track your goal. Consider the question: *"How will I know when my goal has been met?"*

**A**

## **ACTION-ORIENTED**

*"How are you going to achieve your goals?"*  
Having an action plan allows you to plan the steps needed to make your goal a reality.

**L**

## **LINKED TO YOUR LIFE**

Goals are best achieved if they work within your lifestyle and match your challenges and strengths. *"Are your goals designed to fit you and your everyday life?"*

**L**

## **(TIME) LIMITED**

Changes take time! Set a time frame that you are willing to stick with while you try out your small change goal. One week? Two weeks? Three weeks?

It's the small changes that you incorporate along the journey that make reaching your long-term destination more enjoyable!

# Setting *KIND* Goals

It is also important to ensure that your goals are **KIND**, especially during such times of stress and uncertainty as these.

## **Keeping with your Values**

**K**

The goals that you set should bring you towards your values and developing interests – they should fit with who you are. Achieving these goals should feel personally meaningful and contribute to your well-being.

## **Intrinsic**

**I**

The rewards you receive from achieving these goals should come from within rather than from external sources. The well-being benefit from an intrinsic goal is sustained longer than from an extrinsic goal.

## **Negotiable**

**N**

Setting a KIND goal means being flexible with the outcome. Maybe you don't achieve your goal exactly the way you intended to – being flexible allows us to keep working towards our goals without being bogged down by challenges.

## **Do-able**

**D**

Setting a goal that is too big or not achievable right now can set us up for disappointment if we aren't able to meet the goal. Making sure the goal is something that you can do "right now" is an important feature of a KIND goal!

KIND goals can make you feel better compared to goals that are rigid and externally driven. By practicing kindness, we can take small steps in achieving our goals while recognizing that it might be a hard time to make progress right now. We are more likely to put effort into pursuing and achieving KIND goals compared to other types of goals.

# Putting It Into Practice

This week is about learning how to live more authentically by linking your everyday choice and actions to your most important values in life. First, consider what are your *most* important values. Next, set a **SMALL** and **KIND** goal to reinforce these values in your every day roles. Remember to be concrete and specific in setting your goals.

For example, if you value family and creativity, you might decide to schedule time for arts and crafts with the kids. Below is an example of how to set a concrete and specific goal in order to reinforce these values through your role as a parent.

## Goal #1

**Value:** *Family and Creativity*

**What will I do:** *Arts and craft projects with the kids.*

**Where will I do it:** *In my home, on the kitchen table.*

**When will I do it:** *I will start by scheduling one hour of arts and crafts this Wednesday after lunchtime. If it's a hit, I may decide to schedule arts and crafts once a day after lunchtime.*

**How will I do it:** *We have some art and craft supplies at home. I will also go to the dollar store to look for supplies that I may be missing.*

**Who will help me with it:** *My kids would love to help me!*

# Putting It Into Practice

Remember to set SMALL and KIND goals that link your most important values to your most important roles in life.

## Goal #1

Value: \_\_\_\_\_

What will I do: \_\_\_\_\_

Where will I do it: \_\_\_\_\_

When will I do it: \_\_\_\_\_

How will I do it: \_\_\_\_\_

Who will help me with it: \_\_\_\_\_

## Goal #2

Value: \_\_\_\_\_

What will I do: \_\_\_\_\_

Where will I do it: \_\_\_\_\_

When will I do it: \_\_\_\_\_

How will I do it: \_\_\_\_\_

Who will help me with it: \_\_\_\_\_

# Putting It Into Practice



## Goal #3

Value: \_\_\_\_\_

What will I do: \_\_\_\_\_

Where will I do it: \_\_\_\_\_

When will I do it: \_\_\_\_\_

How will I do it: \_\_\_\_\_

Who will help me with it: \_\_\_\_\_