

Values-based review



**we don't learn only from
our experiences . . .
we also learn from
reflecting on our
experiences**

What are values?

[Check out “Episode 23: Dr. Z. on Values” in the podcast Playing-it-Safe](#)

www.playingitsafe.zone

Dr. Z. | [Playing-it-safe Newsletter: https://www.thisisdoctorz.com/playing-it-safe-newsletter/](https://www.thisisdoctorz.com/playing-it-safe-newsletter/)

Values thesaurus (part 1)

Saying what I think	Being accepting	Belonging
Being creative	Learning	Being real
Connecting	Forgiving	Knowing
Being caring	Being humble	Being open
Being healthy	Understanding others	Discovering
Having freedom	Being curious	Being helpful
Being adventurous	Being true to myself	Being respectful
Being assertive	Being appreciative	Cooperating
Being authentic	Being challenging	Collaborating

Values thesaurus (part 2)

Being brave	Innovating	Being kind
Being interested	Exploring	Engaging
Encouraging	Maintaining health	Flexibility
Being fair	Being friendly	Companion
Acting independently	Being generous	Acting lovingly
Being fun-loving	Honesty	Being sincere
Being grateful	Being humble	Being modest
Being fair	Growing	Being compassionate
Being courageous	Caring	Being accountable

Values dashboard

INTIMATE RELATIONSHIPS

What kind of partner do you want to be to your significant other?
If you aren't currently in a relationship, think in terms of your ideal intimate relationship.

PARENTING

What is most important to you about your parenting role?

EDUCATION & LEARNING

What matters to you when thinking of your education and learning in general?

FRIENDS & SOCIAL LIFE

What type of friend do you want to be?
What are the qualities you want to embrace?

PHYSICAL SELF-CARE & HEALTH

How do you want to relate to your health? How do you want to take care of yourself?

SPIRITUALITY

Are you connected to something greater than yourself? What's important to you in this area?

COMMUNITY LIFE & CITIZENSHIP

How do you want to show up to your community?

RECREATION & LEISURE

How do you want to reset, relax or recreate?

WORK & CAREER

What do you want to stand for in your work/career life?

How to review how you have been living your life

In the next pages you will find nine templates to review, reflect, and ponder on how you have been living the last couple of months in different areas of your life.

On the top of the form, jot down your values (You can use the Values Dashboards as guide)

Then place an “X” on the line to indicate how consistently you have been living according to your values: 10 means you have been consistently living your values and 0 means you have been living them inconsistently.

Then move on to question number 1 and answer all questions in order respectively, from number 1 to number 5.

You can fill out this review electronically using Adobe or by printing it, whatever works for you; if you decide to print it out, please make sure to print it as a “one page.

Enjoy your reflective time!

Sample

Living consistently

Living inconsistently

10

0

(1) What actions did you **take towards your values** in this area?



(2) What are the **actions that took you away** from your values in this area?



(3) What were the **emotions that were hard to have** when doing what matters to you in this area?



(5) What's next for you in this area?



(4) What were the **thoughts or thinking strategies you got entangled with** in this area?

Intimate Relationships

Living consistently

Living inconsistently

10 _____

_____ 0

(1) What actions did you take towards these values in this area?

(2) What are the actions that took you away from your values in this area?

(3) What were the emotions that were hard to have in this area?

(5) What's next in this area?

(4) What were the thoughts or thinking strategies you got stuck with in this area?

Parenting

Living consistently

Living inconsistently

10

0

(1) What actions did you take towards these values in this area?

(2) What are the actions that took you away from your values in this area?

(3) What were the emotions that were hard to have in this area?

(5) What's next in this area?

(4) What were the thoughts or thinking strategies you got stuck with in this area?

Education & Learning

Living consistently

Living inconsistently

10 _____

_____ 0

(1) What actions did you take towards these values in this area?

(5) What's next in this area?

(2) What are the actions that took you away from your values in this area?

(3) What were the emotions that were hard to have in this area?

(4) What were the thoughts or thinking strategies you got stuck with in this area?

Friends & Social Life

Living consistently

Living inconsistently

10 _____

_____ 0

(1) What actions did you take towards these values in this area?

(2) What are the actions that took you away from your values in this area?

(3) What were the emotions that were hard to have in this area?

(4) What were the thoughts or thinking strategies you got stuck with in this area?

(5) What's next in this area?

Physical Self-Care & Health

Living consistently

Living inconsistently

10 _____

_____ 0

(1) What actions did you take towards these values in this area?

(2) What are the actions that took you away from your values in this area?

(3) What were the emotions that were hard to have in this area?

(4) What were the thoughts or thinking strategies you got stuck with in this area?

(5) What's next in this area?

Spirituality

Living consistently

Living inconsistently

10 _____

_____ 0

(1) What actions did you take towards these values in this area?

(2) What are the actions that took you away from your values in this area?

(3) What were the emotions that were hard to have in this area?

(5) What's next in this area?

(4) What were the thoughts or thinking strategies you got stuck with in this area?

Community Life & Citizenship

Living consistently

Living inconsistently

10 _____

_____ 0

(1) What actions did you take towards these values in this area?

(2) What are the actions that took you away from your values in this area?

(3) What were the emotions that were hard to have in this area?

(4) What were the thoughts or thinking strategies you got stuck with in this area?

(5) What's next in this area?

Recreation & Leisure

Living consistently

Living inconsistently

10 _____

_____ 0

(1) What actions did you take towards these values in this area?

(2) What are the actions that took you away from your values in this area?

(3) What were the emotions that were hard to have in this area?

(5) What's next in this area?

(4) What were the thoughts or thinking strategies you got stuck with in this area?

Work & Career

Living consistently

Living inconsistently

10

0

(1) What actions did you take towards these values in this area?

(2) What are the actions that took you away from your values in this area?

(3) What were the emotions that were hard to have in this area?

(4) What were the thoughts or thinking strategies you got stuck with in this area?

(5) What's next in this area?

Proudest accomplishments

1.

2.

3.

Most challenging moments

1.

2.

3.

Important learnings

1.

2.

3.

Any themes that emerged . . .

1.

2.

3.

Last words

As the main protagonist of the movie Battle of the sexes said: “I’m done with talking, let’s play.” Here are my last words for you: Less talking and more living.

Dr. Z.

Patricia E. Zurita Ona, Psy.D.