

Value Checking and Vision Boards



A Sneaky Peek

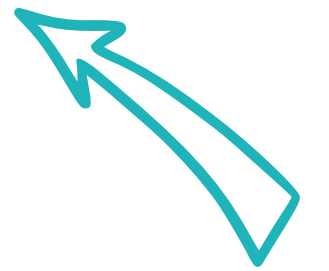


- Mindfulness Practice
- Goals and values – where is your focus?
- Value check-in
- The Mindful Gallery



Values and goals

- A goal is a clear, concrete thing that you can work towards. Once you achieve it, that is the end point.
- Values are not a set of actions that can be completed. They reflect how you want to live your life, who you want to be and the principles you want to stand for.





Where is your focus?

Are you more goal or value orientated?



Feeling lost and frustrated



When our values and behaviours
are in line, we are being true to
our authentic self.



- We are happier with ourselves
- We have higher self- esteem
- We have a sense of competency in the world
- We are more creative and more playful

This has a contagious effect and
inspires others!





How do we stay on track?

Smart
Teachers
Play
More



Mindfulness

Smart
Teachers
Play
More



Mindfulness helps us hear
our inner voice



Take a minute each day for quiet time.

Listen to the voice in your head:
This is what I need.
This is what I want.
This is who I am.



Dr. Maria Sirois – Clinical Psychologist



But other voices are often
louder:

You should!
You have to!
You must!

Mindfulness helps us hear our
own voice and soften the ones
that aren't ours.



Let's get some clarity today ...



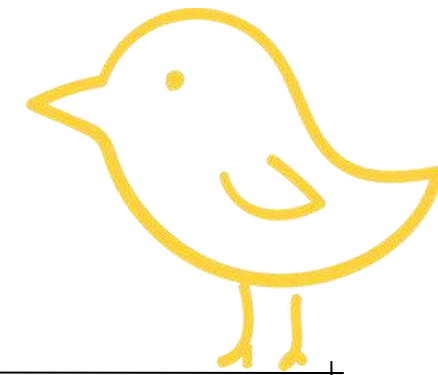
Some simple exercises ...

Choose 5 or 6 values which feel relevant and important to you.



ENTHUSIASM	HONESTY	FAITH	FAIRNESS
KINDNESS	CARING	COMPASSIONATE	
STRENGTH	AMBITIOUS	DEPENDABLE	
RELIABLE	PRESENT	FLEXIBILITY	CURIOSITY
OPEN-MINDEDNESS	DARING	LOYALTY	
CREATIVITY	ADVENTUROUS	GRATITUDE	
TRUSTWORTHY	UNDERSTANDING	SPIRITUALITY	
SUSTAINABILITY	SINCERITY	SELF-AWARE	
INDEPENDENCE	CONNECTION	ACCEPTING	
LOVING	DETERMINATION	PATIENCE	
PROFESSIONALISM	RESPECTFUL	BRAVERY	

Lets look at areas of our lives ...



Health	Family	Contribution/work
Lifelong learning	Relationships	Creativity

Play
Leisure
Parenting

Faith
Spirituality
Sustainability

Travel
Home
Relaxation

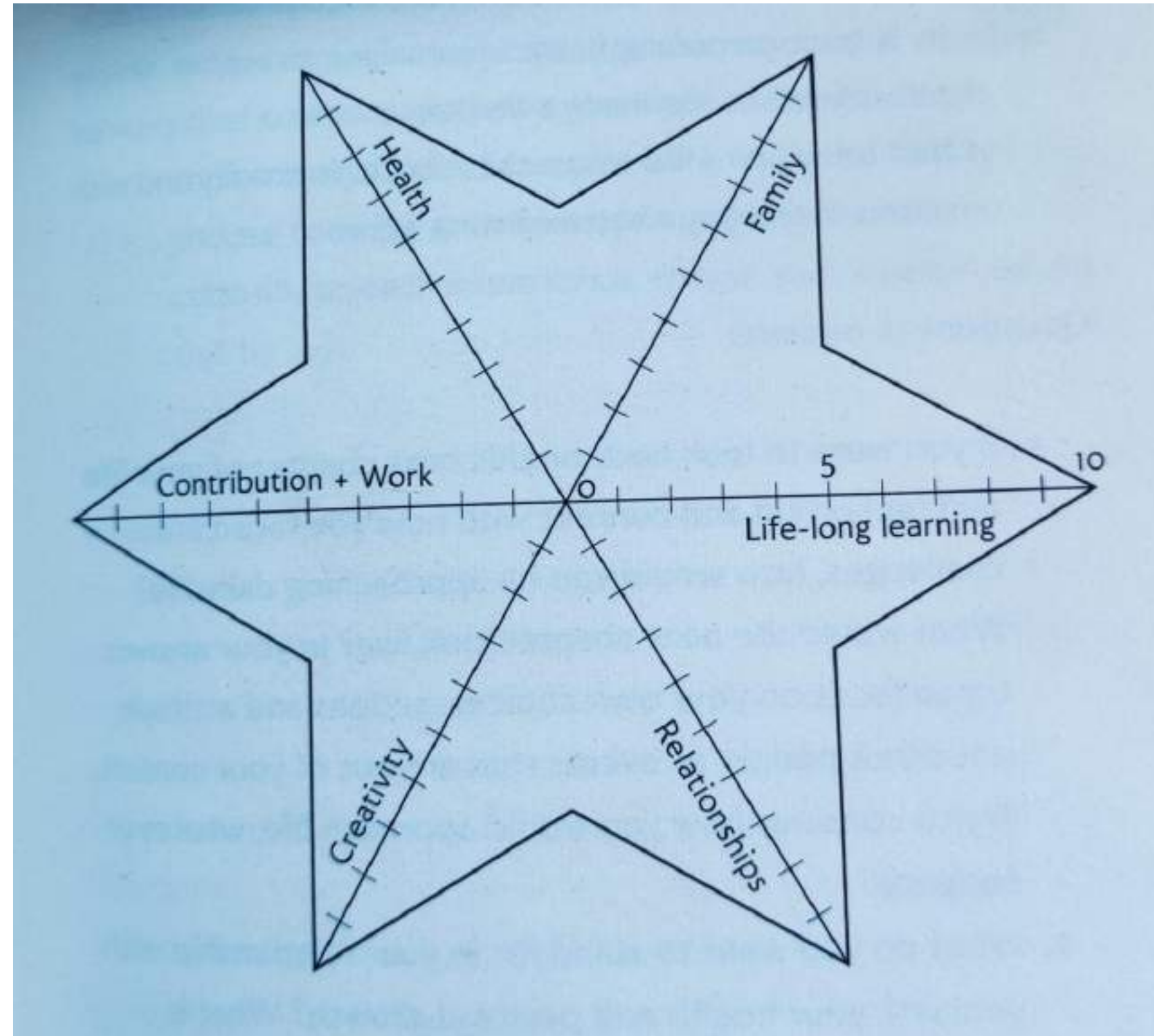


Some prompts to help you

- What kind of person would you most like to be in this area of your life?
- What do you want to stand for?
- What do you want your efforts to represent?
- What contribution do you want to make?
- What qualities or attitude do you want to bring to this area of your life?



The values star

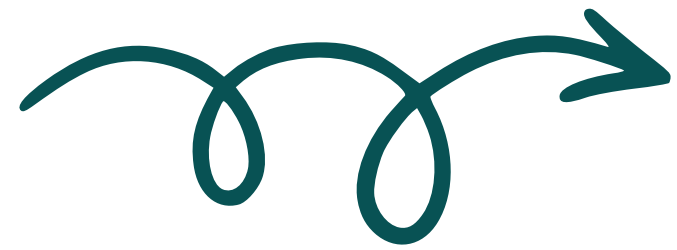


Some questions to explore later...

- If you were to look back at this next chapter of your life and feel proud and content – how would you approach daily life?
- How do you want to feel about yourself?
- What sort of person do you want to be for the people in your life?
- How do you want them to feel when you are around?
- What would you want to be remembered for?
- If no one knew how you spent your time, would you still be doing this?



Vision Boards



A vision board is a visual representation of your values and goals.

It is a collage of images, words and phrases designed as a tool to remind and inspire us to keep in line with our values and realise our goals.

It can be handmade or digital, detailed or simple.

To do list

- 1.
- 2.
- 3.
- 4.
- 5.

Vision boards



"Looking at images on a vision board primes the brain to grasp opportunities. The brain has a process called 'value-tagging' which imprints important things onto your subconscious and filters out unnecessary information."

"The brain assigns a higher 'value' to images than written words on a 'to-do' list and the more you look at those images, the more those images move up in importance."

Neuroscientist Dr Tara Swart



Mindful Picture Gallery

POSITIVE FEELINGS AND GRATITUDE FOCUS



Smart
Teachers
Play
More