

Connecting with your values



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What are we doing?

Values clarification:

"A process in which we explore and clarify the things that we hold personally meaningful. A self-reflection exercise that helps us to find direction and motivation."

Why do this exercise?

- Gives us a tool.
- Evidence based (including in the workplace) - comes from acceptance and commitment research.
- We are a whole person.

Part 1

Sort through your values cards into 3 piles:

1. Not important to me at this moment in time
2. Somewhat important to me at this moment in time
3. Very important to me at this moment in time

Tips reminder:

- It doesn't have to be work-focused (but it can be).
- Don't overthink it – go with your gut.
- Go with what matters to you, not what you think should matter. You won't be asked to share what you've chosen.
- Think only about right now, not forever.
- If the words don't quite fit, re-write them. (There are also blanks)

Part 2

Take the cards in your 'very important' pile and whittle them down to a top 4-6.

Be decisive.

Tips reminder:

- It doesn't have to be work-focused (but it can be).
- Don't overthink it – go with your gut.
- Go with what matters to you, not what you think should matter. You won't be asked to share what you've chosen.
- Think only about right now, not forever.
- If the words don't quite fit, re-write them. (Use the blanks provided)

Part 3



Part 3

1. Choose one value to focus on.
2. Write down three (or more) tangible actions you will take this week to move towards this value.

Tips reminder:

- We can never fully 'achieve' a value (so don't put pressure on yourself to live it 100%).
- Think small - focus on what you can realistically do.
- Make your actions tangible and specific so that you know exactly what you're committing to do.

Reflect in small groups

- What was it like doing that exercise?
- You do not have to share your chosen values/actions (but you can if you want to)
- How do you feel about approaching the week ahead, having done this exercise?

Tips for next steps

Stick your chosen value card **somewhere visible to you** – take a photo and set it as your phone wallpaper, put it up on your fridge, stick it by your laptop, etc.

Create some way of holding yourself to account – agree to check in with someone about how you've got on with your actions, or even send me a message next week (I love hearing how people get on).

Repeat this exercise as often as you like (try it with your other top values, or do a complete re-sort). Adjust your actions if you made them too easy/difficult.

Keep your card packs somewhere accessible – in your bag, on your desk, etc.

