

# Be Your Self(ie)

# Living Your Values

In the previous session, you defined your values and considered where you expressed them. Now we're going to be a little more intentional in recording how we live, or would like to live, out these values in different areas of our lives.



## Instructions

Focus on the 4 main parts of your life, and fill in as much as you can for how you represent your values on and offline. Write down what you would like to do in the future, set intentions, and record what you are currently doing.

**My Values:** \_\_\_\_\_

## How I represent my values:

<p><b>LOVE</b> (family, relatives, friends)</p> <p><b>Offline:</b></p> <p><b>Online:</b></p>	<p><b>WORK</b> (school, homework, paid work, and unpaid work such as internships, volunteering, or helping at home)</p> <p><b>Offline:</b></p> <p><b>Online:</b></p>
<p><b>PLAY</b> (rest and relaxation, hobbies, creativity, sport, and all forms of leisure, recreation, and entertainment)</p> <p><b>Offline:</b></p> <p><b>Online:</b></p>	<p><b>HEALTH</b> (physical, psychological, emotional, or spiritual health and wellbeing)</p> <p><b>Offline:</b></p> <p><b>Online:</b></p>

## Reflections & Actions

**How do you see your values coming through in how you act offline vs. online?**

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**Where is there an authenticity gap?**

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**How does it make you think about posting or exploring areas online?**

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What can you do differently to live out your values in your everyday life on and offline?

**What could you stop doing?**

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**What could you start doing?**

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**How might this make you—and others—feel?**

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