

VALUES IN ACTION WORKSHEET



RESPECT • REFLECT • REBUILD • RECOVER

Your values are the principles and qualities that are important to you and help guide how you want to live. Understanding your values can help you identify meaningful recovery goals and make choices that move you toward the life you want to build.

Family • Relationships • Honesty • Respect • Health • Independence • Security • Freedom • Connection • Compassion • Responsibility • Growth • Stability • Creativity • Spirituality • Learning • Community • Adventure • Achievement • Kindness • Self-respect • Trust • Authenticity • Purpose • Fun • Patience • Belonging • Balance • Contribution • Other

The values that are the most important to me right now are:

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

Choose 3 of your most important values. What does each one mean to you personally?

1.	
2.	
3.	

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Where are my current choices and actions aligned with my values?

Where might there be a gap between what I value and how I am currently living?

Choose one of your values and identify one small action you can take to put that value into practice.

The value I want to focus on:

One action I can take:

When or where will I do this?

How will this action support my recovery?
