

MOVEMENT FOR MENTAL HEALTH

STEP 1: DETERMINE WHICH OF THE FOLLOWING VALUES RESONATE AS MOST IMPORTANT IN YOU LIFE RIGHT NOW.

5 = Most Important, 4 = Very Important, 3 = Important, 2 = Somewhat Important, 1 = Not Important

Value & Definition	5	4	3	2	1
ACCEPTANCE: to be accepted as I am					
ACHIEVEMENT: sense of accomplishment by means of skills, practice, perseverance, or exertion					
ADVENTURE: work which frequently involves risk taking					
AUTONOMY: working independently, determine the nature of your work without help/direction					
BEAUTY: to appreciate beauty around me					
CHALLENGE: stimulates full use of your potential					
COMMITMENT: to make enduring, meaningful commitments					
COMPASSION: to feel and act on concern for others					
COMPETITION: Put your abilities against others where there is a clear win/lose outcome					
CONTRIBUTION: to make a lasting contribution in the world					
CREATIVITY: being imaginative, innovative					
DEPENDABILITY: to be reliable and trustworthy					
FAMILY: being able to spend quality time and develop relationships with family					
FRIENDSHIP: develop close personal relationships					
FUN: to play and have some fun					
GENEROSITY: to give what I have to others					
GENUINESNESS: to act in a manner that is true to who I am					
HEALTH: Physical and psychological wellbeing					
HELPFULNESS: to be helpful to others					
HONESTY: to be honest and truthful					
HOPE: to maintain a positive and optimistic outlook					
HUMILITY: to be modest and unassuming					
HUMOR: to see the humorous side of myself in the world					

INCLUSIVENESS:					
INNER HARMONY: being at peace with oneself					
INTEGRITY: sincerity, honesty, living by a code of ethics					
JUSTICE: to promote fair and equal treatment for all					
KNOWLEDGE: understanding gained through study and experience					
LEADERSHIP: influence over others					
LOYALTY: steadfastness and allegiance					
LOVE: to be loved by those close to me					
MINDFULNESS: to live conscious and mindful of the present moment					
NON-CONFORMITY: to question and challenge authority and norms)					
ORDER: to have a life that is well ordered and organized					
PASSION: to have deep feelings about ideas, activities, or people					
POWER: authority					
PURPOSE: to have meaning and direction in my life					
RESPONSIBILITY: being accountable for results					
RECOGNITION: getting acknowledged for your contribution					
SPIRITUALITY: to grow and mature spiritually					

Most Important Values:

List your MIV in the spaces below in any order

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

TOP 10 MOST IMPORTANT VALUES:

Rank them from Least (10) to Most (1) Important:

1.	_____
2.	_____
3.	_____
4.	_____
5.	_____
6.	_____
7.	_____
8.	_____
9.	_____
10.	_____

STEP 2: Consider what it looks like to use movement to alleviate stress, anxiety, or depression, or manage your mood state, and answer the following:

What don't I want?

What do you I want?

When I have what I want, what more will it give me?

What type of movement makes me feel most vibrant, happy, and joyful?

How can I connect one (or more) of my top values to using this movement as a way to manage my mood?

STEP 3: Consider your self-efficacy & expectations. What strengths can you use to initiate or maintain the type of movement you outlined above? What resources will help you feel more confident?

What are my strengths?	
Strength	How will it help?
What resources will help you feel more confident in reaching your moving goal?	
Resources Available	How will it help?