

## THE VALUES SQUARE: REVIEWING LAST WEEK & PLANNING AHEAD

'Work' is an umbrella term for paid work, volunteer work, or domestic/caregiver work. It also includes training and education, both formal (like a course or apprenticeship) or informal (e.g. from reading books or watching documentaries or having a friend teach you how to do something).

'Love' is a catch-all phrase for relationships with people you consider important in your life. This may include your partner, parents, friends or relatives, or even work colleagues.

'Play' encapsulates everything you do for rest and recreation: your sports, hobbies, or creative outlets; the things you do for fun, relaxation, or to explore the world around you.

'Health' refers to everything you do to look after your physical wellbeing, psychological wellbeing, and (if relevant) your spiritual/religious wellbeing. This may include exercising, healthy eating, getting into nature, reading self-help books or seeing a therapist, practicing your unhooking skills, mindfulness, self-compassion, prayer, meditation, yoga, community work, and so on.

All four domains overlap, and you can subdivide squares if you wish. For example, some people split the 'Love' box into friends/partner/children, or the 'Health' box into physical/psychological. The square below reviews last week; the square on the next page is for the week ahead.

<p><b>WORK</b> <i>Values I want to start or keep putting into play:</i></p>          <p><i>How I've lived by these values, on average, over the last week: 0 = not at all; 10 = very well</i></p> <p><i>My score:</i></p>	<p><b>LOVE</b> <i>Values I want to start or keep putting into play:</i></p>          <p><i>How I've lived by these values, on average, over the last week: 0 = not at all; 10 = very well</i></p> <p><i>My score:</i></p>
<p><b>HEALTH</b> <i>Values I want to start or keep putting into play:</i></p>          <p><i>How I've lived by these values, on average, over the last week: 0 = not at all; 10 = very well</i></p> <p><i>My score:</i></p>	<p><b>PLAY</b> <i>Values I want to start or keep putting into play:</i></p>          <p><i>How I've lived by these values, on average, over the last week: 0 = not at all; 10 = very well</i></p> <p><i>My score:</i></p>

## THE VALUES SQUARE: PLANNING THE WEEK AHEAD

If you're feeling overwhelmed or demotivated, *think small!* Just pick one domain to work, and small, simple, not-too-difficult things to say and do. On the other hand, if you're up for a challenge, pick two or more domains, and more challenging things to say and do.

<p><b>WORK</b> <i>Values I want to start or keep putting into play:</i></p> <p><i>Things I could say or do in the week ahead, to put those values into play:</i></p> <p><i>At the end of the week, complete this review: I lived by the values above, on average: 0 = not at all; 10 = very well. My score:</i></p>	<p><b>LOVE</b> <i>Values I want to start or keep putting into play:</i></p> <p><i>Things I could say or do in the week ahead, to put those values into play:</i></p> <p><i>At the end of the week, complete this review: I lived by the values above, on average: 0 = not at all; 10 = very well. My score:</i></p>
<p><b>HEALTH</b> <i>Values I want to start or keep putting into play:</i></p> <p><i>Things I could say or do in the week ahead, to put those values into play:</i></p> <p><i>At the end of the week, complete this review: I lived by the values above, on average: 0 = not at all; 10 = very well. My score:</i></p>	<p><b>PLAY</b> <i>Values I want to start or keep putting into play:</i></p> <p><i>Things I could say or do in the week ahead, to put those values into play:</i></p> <p><i>At the end of the week, complete this review: I lived by the values above, on average: 0 = not at all; 10 = very well. My score:</i></p>