

**VALUES APPRECIATION WORKSHEET.** Below, we would like you to name a few people, places, events, or activities that you appreciate in a few valued domains. Again, chose three from the Valued Living Questionnaire. You do not need to choose the same three as on the Valued Action Worksheet. Please write the value and then several people, places, events, and/or activities that you appreciate that are connected to that value. As you list them, let your eyes go closed a few times and see if you can picture the people, places, events, or activity, then list it. As with valued actions, these do not need to be big major things. Sometimes quite small things are greatly appreciated. You may list both major and minor things you appreciate please be sure to include some very small, simple but meaningful things you appreciate. You do not have to fill out all ten, but give it a try. Think both big and small for this exercise!

**My value is:**

The people, places, events, and/or activities I appreciate are:

1.

2.

3.

4.

**My value is:**

The people, places, events, and/or activities I appreciate are:

1.

2.

3.

4.

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The people, places, events, and/or activities I appreciate are:

1.

2.

3.

4.