

Values Flow skills

Name: _____ Week/Date _____

Please circle the Values Flow skills you learned about in the past week to help **negotiate** challenging events in daily life. In the spaces below, reflect on how the Values Flow skills you are learning align with the **existing goals and values** you feel are important individually, socially and culturally.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Virtue skills							
1. Valued life themes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2. Strengths use	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Involve Skills							
3. Attending	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4. Reflecting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5. Informing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6. Acting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vitality skills							
7. Serious Play	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8. Willingness	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Accept Skills							
9. Optimal interpersonal relating	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10. Optimal emotion regulation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Key skills learning prompts

Recall a highly **interesting activity/domain** in your life; one in which you became **fully absorbed** in & experienced a **deep sense of care & value** doing within yourself, interacting with others, & the world around you.

Attending with a sense of **interest** to the challenges and goals inside & outside yourself.

Reflecting with a **wise mind** on ways to accept challenges you face within the context of negotiating/changing them.

Informing your problem-solving strategy by being mindful of **feedback** and with the intention to harness your **valued life themes & character strengths**.

Acting on **opportunities to ‘get creative’** with the challenges you face and the goals you have inside and outside yourself in daily tasks.

Harness a **seriously playful approach to life** & practice **willingness skills** to immerse yourself deeper in the mysteries & challenges of living.

Practice using **radical acceptance** and **beginner’s mind** skills when facing challenges as the **first and foremost goal of Values Flow skills** – get to know your challenges in deeper ways **before** working on **negotiating & changing** them in **creative ways**.

Individual
experience/reflection
notes: _____

Social
experience/reflection
notes: _____

Cultural
experience/reflection
notes: _____

