

# FEELING GOOD ABOUT YOU

THE JOURNEY OF DISCOVERY  
THAT LEADS TO SELF-ESTEEM



## *Module 7 – Worksheet 1*

### **My Values, Attitudes, and Beliefs**

Earlier in this book you spent some time examining, in a loving, nonjudgmental manner, the basic belief systems of your parents or significant adults. In this exercise you will do the same with your own beliefs and values. Take time to think about and write down your own "shoulds" and feelings related to the following issues. When you have finished, go back and compare your current values with those of your parents. Are they the same, similar but different in some areas, or totally opposite?

The goals of this exercise are to help you to become aware of the ways you are currently choosing to run your life, and to see if it is truly YOUR life, or merely a carbon copy of what once worked for your parents. Remember that they taught you the best they could at the time, but had no way of knowing who you would be as an adult, what the current culture would be, or what values would work for you throughout your life. The awareness of what is truly important to YOU will help build and strengthen your personal power and self-esteem.

Notice if you've given yourself permission to change the old parental values that no longer apply to you in your current situation. It's something to think about.

#### **Exercise: My Values, Attitudes and Core Beliefs:**

In the spaces below write about your values, attitudes and beliefs in each of the selected areas. Be honest with yourself. This is for your eyes only.

FAMILY

OTHER PEOPLE

MONEY

PETS

WORK

GOALS

SEXUALITY

PHYSICAL AFFECTION

DISCIPLINE

NEEDS (THEIRS, MINE, OTHERS)

WANTS

FEELINGS

MY BODY

SPIRITUALITY

RELIGION

MARRIAGE

FRIENDS

DEATH

BOOKS AND EDUCATION

NATURE

HEALTH

PLAY/LEISURE TIME

MUSIC

FOOD

CHILDREN

MEN

WOMEN

DRUGS (PRESCRIPTION AND ILLEGAL)

ALCOHOL

TOBACCO

MY INNER SELF

PERSONAL BOUNDARIES

OTHER

**Reflections on My Values, Attitudes and Core Beliefs**

- Your parents and significant adults helped shape your values, attitudes, and beliefs.
- Many of your current values are probably different in some ways than those of your parents.
- YOU have the power to choose how you want to run your life. Only you know what's best for you.
- It's your right to give yourself permission to change your values when they no longer work for you.
- You don't need anyone else's permission to choose and live by your own values.