

Values Reflection



Think about

Which values are particularly important to you when you think about food?

Look at the list of values on the following pages. Circle 5 values that are especially important to you. Write them down here:

.....

.....

.....

Think about

- Would there be any changes in my eating habits, if I would align them with my values?
- Would there be a value that blocks me and does not allow a change in my eating habits?
- What actions could I develop for myself based on my values?
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Phrase an action or a change in the following way:

«I recognize that one of my most important values is respect for the natural world. This means that I strongly adhere to the idea of sufficiency (moderation out of respect for nature). I moderate my food choices: I eat very rarely fish and shrimp.»

I recognize

.....

Exchange with other

- What did you learn about your values?
- Did this value reflection help you to find a positive change in your food habits that bring you in better line with your values?
- Where do you need feedback from your group?

Why did we do this exercise?

One way to effectively manage resistance or motivation for change, is to draw on your core values and find a way to anchor one or more of them and connect them with some aspect of the change.

Harmony
Freedom
Responsibility
Happiness
Loyalty
Cordiality
Mindfulness
Compassion
Sense
Humor
Lightness
Joy
Aesthetics
Sportsmanship
Knowledge
Love
Excitement
Fun
Generosity
Credibility
Tradition
Success
Nature
Self-determination
Tranquility
Respect
Passion
Connectedness
Authenticity
Ecstasy
Discipline
Altruism
Unity
Strength
Flow
Uniqueness
Fairness
Leadership
Awareness
Hope
Optimism
Agility
Networking
Integration
Further development
Wealth
Humility
Honesty
Intelligence
Confidence
Ability
Loneliness
Moderation
Pragmatism
Self-responsibility
Self-control
Self-confidence
Maturity
Strength
Surprise
Fierceness
Cheerfulness
Achievement
Celebration
Cautiousness
Effectiveness

Nonchalance
Competence
Communication
Reliability
Humility
Play
Development
Acceptance
Strength
Sensuality
Diversity
Creativity
Charisma
Insight
Vitality
Wisdom
Desire
Clarity
Precision
Perseverance
Home
Peace
Risk
Egoism
Balance
Activity
Health
Security
unconditional Service
Enthusiasm
Loyalty
Efficiency
Influence
Abundance
Knowledge
Family
Permissiveness
Justice
Faith
Challenge
Silence
Self-realization
Sensitivity
Meaningfulness
Tension
Intimacy
Cooperation
Mildness
Imagination
Commitment
Synergy
Independence
Truth
Community
Belonging
Balance
Happiness
Seriousness
Change
Naturalness
Prudence
Protection
Patience
Humanity

Change
Enjoyment
Commitment
Order
Beauty
Growth
Gratitude
Depth
Security
Tolerance
Tenderness
Lust for life
Serenity
Domesticity
Commitment
Consideration
Flexibility
Openness
Prudence
Adventure
Being a global citizen
Proximity
Sustainability
Exchange
Spirituality
Naturalness
Inventiveness
Productivity
Ambition
Vitality
Integrity
Simplicity
Power
Glory
Focus
Certainty
Heroism
Intuition
Devotion
Concentration
Learning
Compassion
Order
Being social
Dignity
Care
Ingenuity
Joy of life
Idealism
Curiosity
Purity
Soul
Thrift
Spontaneity
Abundance
Visionary
Kindness
Appreciation
Expertise
Courage
Warmth
Wonder
Equanimity
Stability