

What's Important?

You may not always know what you want as a goal. It can be helpful to identify what your values are, or the things that are most important to you.

Try this: make a list of the 5 things that are most important to you (your personal list of values). Your list might include things like family, friends, having a good paying job, sports, or your dog.

Don't read any further until you have written down your 5 most important things here >

Now read on...

My 5 Most Important Things:

1.

2.

3.

4.

5.

Did you put alcohol, drugs or your behaviour of concern on the list? Probably not. But when you use or indulge in your behaviour of concern, you are putting it above everything on your list. You're saying, for example, that drinking is more important than your family, making money, or your dog!

Once you figure out what's important to you, you can set some goals that work for you. Then, when you are faced with tough choices, ask yourself which choice supports your values, and what's important to you.

As you grow and change, your values will change too. Some of the things that were really important to you three months ago may not be as important now. But, some things like your family or having a job may stay high on your list. Every few months, complete a new list of five things that are most important to you. **See how you've grown and changed.**