**Valued Living Handout**

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| Values | Thoughts, Feelings, & Memories (TFM) |
| 1. You are doing something because DOING is meaningful to you.  | 1. You are doing whatever it takes to avoid or to get something else; exactly what is done is not important. FEELING is important.  |
| 2. What matters most is the PROCESS. The focus is on what quality is created in the moment. Quality is created in the doing; it is created in the moment.  | 2. What matters most is the OUTCOME. The focus is on what is accomplished or achieved after you finish.  |
| 3. The focus is on BEING PRESENT IN THIS MOMENT. The past is gone, and the future never here.  | 3. The focus is on getting to the future or escaping from the past – LEAVING THE HERE-AND-NOW.  |
| 4. You are WILLING to do the act no matter what thoughts, feelings, or memories you experience.  | 4. You are NOT WILLING to do the action if you experience discomfort.  |
| 5. You are willing to do the act even though you do not know how things will turn out.  | 5. You do not do the action if you are unsure of whether it will 'work,‘ i.e., feel better or get something you want. |
| 6. PRO-ACTIVE. Action is done with intent and awareness of what is important to you.  | 6. REACTIVE. Feeling is more important than action. You may not even be aware of what you did until you have already done the act.  |