

List of Values with Mindfulness-Based Ecotherapy

Name: _____ Date: _____

This worksheet helps you identify the core values that guide your decisions, emotional responses, and long-term direction. Integrating Mindfulness-Based Ecotherapy encourages you to explore these values through the lens of the natural world, where every element expresses its purpose through pattern, rhythm, and relationship.

Part 1: Understanding Values

Values are qualities or principles that matter deeply to you. They shape your choices, your relationships, and the meaning you create in your life.

Examples of common values (you may wish to check off the ones that are important to you):

- | | | |
|--------------------------------------|-------------------------------------|---|
| <input type="checkbox"/> Integrity | <input type="checkbox"/> Community | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Learning | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Balance | <input type="checkbox"/> Growth |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Freedom | <input type="checkbox"/> Justice |
| <input type="checkbox"/> Stewardship | <input type="checkbox"/> Connection | <input type="checkbox"/> Harmony |

Do you have any other core values that aren't listed above? If so, list them here:

Nature reflection

Consider how natural elements embody values. A river expresses persistence. A forest expresses interdependence. A mountain expresses stability. A tree expresses rootedness, growth, and groundedness. Let these images help you clarify what resonates with you.

Part 2: Identify Your Core Values

List the values that feel most central to who you are.

Choose one value that feels especially important right now:

Part 3: Why These Values Matter

For each value, reflect on why it matters to you.

Value: _____

Why this value is important

How it influences your decisions

How it shapes your emotional responses

Repeat for each value.

Nature reflection

Think of how ecosystems thrive when each part fulfills its role. Your values function the same way, guiding you toward balance and alignment.

Part 4: Values in Action

Choose one value and describe how you currently express it in your life.

Value: _____

How you live this value now

Where you feel out of alignment

What small action could bring you closer to living this value fully

Nature-supported step

Identify one outdoor or nature-based practice that reinforces this value.

Examples:

- A stewardship value supported by tending a plant
- A creativity value supported by sketching outdoors
- A balance value supported by mindful walking in a quiet place
- Other: _____

Part 5: Barriers and Supports

Identify what helps and what hinders you in living your values.

Barriers:

Internal (fear, doubt, habits)

External (time, environment, obligations)

Supports:

Skills you already have

People who encourage your growth

Nature-based supports (quiet spaces, grounding objects, sensory anchors)

Nature reflection

Just as landscapes adapt to storms, droughts, and seasons, you can adapt to challenges without abandoning your core direction.

Part 6: Reflection

Which value feels most alive in you today?

Which value needs more attention?

How does connecting with nature clarify or deepen your understanding?

What is one action you can take this week to honor your values?

Nature reflection

Values are like roots. When tended, they stabilize you, nourish you, and help you grow in the direction you are meant to go.