



Exercise: My core values

Goal

Identify things that are important to you and that can help you to stay motivated and on course.

Instructions

Answer the questions below and think about how your answers could improve your motivation to do your insomnia exercises or change a habit that perpetuates insomnia.

What are the things that truly matter to you in life?

Example: Family, health, friends

Is there something that you do every day that demonstrates how important these things are to you?

Example: I ask my partner how their day was every evening and actively listen to the answer.



What kind of life do you want to lead?

Example: I would like to have enough energy after work to take my children to play outside.

What kind of a person do you want to be to your loved ones and to yourself?

Example: Reliable, trustworthy

How do you plan to take care of yourself?

Example: I intend to get fit by starting to cycle or walk to work.

What is so important to you that you are prepared to endure stress and anxiety because of it?

Example: Making sure that my children can pursue their interests, supporting a friend in need, mealtimes with the family