



Remind yourself of the good in you!

Taking time to notice how you live your values reminds you of the good in you and the good you're able to do. Try this quick activity several times a week. This practice may help improve your mood, and it may give you a better perspective on your lupus.

Sure, lupus is an important part of your life. But is it the most important part? No way! The most important element of your life is YOU.

Step 1

Check the box next to one of the values below that represents something you believe is KEY to living a good life. Or, if you are thinking of one that's not on the list, write it on the blank line.

- | | | |
|-------------------------------------|--------------------------------------|--|
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Trust | <input type="checkbox"/> Unconditional love |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Perseverance (keep on trying, no matter what) |
| <input type="checkbox"/> Patience | <input type="checkbox"/> Generosity | <input type="checkbox"/> Another value that's not listed _____ |

Step 2

Close your eyes and remember a time when you lived your chosen value. For example:

- **Maybe it was a time you forgave someone even though you felt hurt.**
- **Maybe it was a time you were generous with your talent, your time, or your resources.**
- **Maybe it was a time you were patient, even though you were pressed for time.**

Step 3

Read the example below to see how one woman described a time when she lived her values.

My value: Patience

Whom I was with: Terri

When it happened: During our phone conversation

What I said or did: I listened to her tell me about her ex-husband, even though I had heard about the situation before.

How I felt: At first impatient, but then okay with it. I really felt bad for her.

How I lived my values: I was patient and I tried to be generous with my time and attention.



Step 4

Now you try it!

My value: _____

Whom I was with: _____

When it happened: _____

What I said or did: _____

How I felt: _____

How I lived my values: _____

Did you notice...

- How easily you can remind yourself of the good in you that lupus can't touch?
- How good it feels to focus on moments you are proud of?
- How you can focus on what's really important in life?
- How little time it actually took?

✔ Make the most of this exercise

- Make copies of this worksheet for future use, or simply use a journal or sheet of paper! (Print several copies of page 3 of this PDF and keep them handy for anytime you want to do this exercise.)
- Keep a running list of values, adding to it as new ones occur to you. You can even expand your list by asking friends and family to name their key values. (Page 4 of this PDF is the perfect place for your list!)



Start With YOU

Instructions: Choose a value. | Remember and reflect. | Write it down.

My value: _____

Whom I was with: _____

When it happened: _____

What I said or did: _____

How I felt: _____

How I lived my values: _____

My value: _____

Whom I was with: _____

When it happened: _____

What I said or did: _____

How I felt: _____

How I lived my values: _____

My value: _____

Whom I was with: _____

When it happened: _____

What I said or did: _____

How I felt: _____

How I lived my values: _____

My value: _____

Whom I was with: _____

When it happened: _____

What I said or did: _____

How I felt: _____

How I lived my values: _____

