



# Values-Based Actions

*Fall 2022 Workshop for Students*

## **Personal Values**

Clarifying your personal values helps to move forward on important commitments.

## **Commitment**

Commitment is an action in the direction of what you value even in the presence of obstacles.

Many feel that their nervous systems may operate in unhealthy ways as apathy, restlessness and lack of motivation impact overall performance. Improve your optimism by appraising your approach to this academic year, identifying your personal values, and by committing to meaningful actions. What makes your life meaningful is known in what you value intrinsically.

## **When & Where**

Thursday, September 15

3:00-4:00 PM

Via Zoom

**NO CHARGE!**

**RSVP: [studentcounseling@unm.edu](mailto:studentcounseling@unm.edu)**

Deadline to Register: 1 Business Day Before Workshop