

MOUNTAIN VIEW COUNSELLING

SEPARATING VALUES FROM RELIGION WORKSHEET

No experience is wasted when we learn to pull the underlying values from activities that no longer serve us well. If you are leaving a religious institution, use this worksheet to discover the useful skills and values that you learned and how you can use them in non-religious circumstances.

Religious Activity	What Made it Meaningful?	Underlying Value	Skills Learned	Opportunities to Express Value and Skills
Ex: Tithing	<i>Contributing to something outside of my needs/wants Being a part of a community</i>	<i>Generosity</i>	<i>Budgeting</i>	<i>Donate regularly to a charity Set aside money to buy friends and family surprise gifts</i>

