

Value Ranking Exercise

Everyone has values – and we use these values to motivate ourselves. If you’ve recently been a heavy user of marijuana, the chances are that you haven’t had much time lately to reflect upon your own. This value ranking exercise will enable you to reconsider the things in life that are most important to you.

First, using the space below, make a list of things and values that are important to you. These can be anything at all – there are no right or wrong answers. They could include your family, friends, wife, finances, career, happiness, integrity, independence, or ***anything else at all.***

Things that are important to me:

Great. Now you have a list of important things to you; you can group those that are similar. For example, if you have listed both friends and family, you can likely group these.

Now, review the things you set out above and list and rank the top six things that are important to you – the values you would place on the top of your list of priorities (these don't have to be in any particular order – just your top six values):

The top six things that are most important to me:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

What's surprising is that most people who complete this exercise notice that one major thing is missing from their list: Marijuana! That's right – despite your

actions, when you think about it, using weed may not be one of the most important things to you at all.

Now, think about how using weed impacts your top six values. Every time you choose to get high, you are choosing that over what you value most – and you compromise your value system.

The above should help you see more clearly how your use of weed affects the things you value most. You may benefit from printing your values list or storing it somewhere safe to refer to next time you are craving marijuana.

- Michael Griffin, LeaveWeed.org