

Values

Values are the ideals that a person holds. Understanding what your values are can help to guide decision-making and can provide you with some stability in tough times. It can take time to explore what your values are, as we will be influenced by society and the values of those around us.

In the box below there are a number of different values. Read through the list and circle any that resonate with you.

Exploring my values activity 1

Accomplishment	Excellence	Passion
Accountability	Flexibility	Peace
Accuracy	Focus	Performance
Adaptability	Forgiveness	Productivity
Adventurous	Freedom	Professionalism
Authenticity	Fun	Purpose
Awareness	Growth	Recognition
Balance	Happiness	Relationship
Beauty	Hardworking	Reputation
Choice	Health	Risk
Clarity	Honesty	Romance
Commitment	Honour	Self-Expression
Community	Humour	Simplicity
Compassion	Independence	Spirituality
Confidence	Innovation	Stability
Connection	Integrity	Success
Consistency	Joy	Supportiveness
Contribution	Knowledge	Teamwork
Courage	Laughter	Time
Creativity	Love	Timekeeping
Dependability	Loyalty	Tradition
Dignity	Obedience	Trustworthiness
Discipline	Openness	Vitality
Energy	Partnership	Winning