



Identifying My Core Values

Values are your heart's deepest desires for how you want to behave as a human being. Values are not about what you want to get or achieve; they are about how you want to behave or act on an ongoing basis.

There are literally hundreds of different values, but below you'll find a list of the most common ones. Probably not all of them will be relevant to you. Keep in mind there are no such things as 'right values' or 'wrong values'. It's a bit like our taste in pizzas. If you prefer ham and pineapple but I prefer salami and olives, that doesn't mean that my taste in pizza is right and yours is *wrong*. It just means we have different tastes. And similarly, we may have different values.

So read through the list attached and mark the values you consider to be very important with an asterisk (*).

Once you've identified which values are very important to you, select the top 5 that are most important to you and write them down below to remind yourself that this is what you want to stand for as a human being.

1. _____
2. _____
3. _____
4. _____
5. _____

ACCEPTANCE: to be open to and accepting of myself, others, life, etc.

ADVENTURE: to be adventurous; to actively explore novel or stimulating experiences

ASSERTIVENESS: to respectfully stand up for my rights and request what I want

AUTHENTICITY: to be authentic, genuine, and real; to be true to myself

CARING: to be caring towards others, the environment, etc

CHALLENGE: to keep challenging myself to grow, learn improve

COMPASSION/SELF-COMPASSION: to act kindly toward myself and others who are suffering

CONNECTION: to engage fully in whatever I'm doing and be fully present with others

CONTRIBUTION: to contribute, help, assist, or make a positive difference to myself or others

COURAGE: to be courageous or brave; to persist in the face of fear, threat, or difficulty

CREATIVITY: to be creative or innovative

ENCOURAGEMENT: to encourage and reward behaviour that I value in myself or others

EQUALITY: to treat others as equal to myself, and vice versa

EXCITEMENT: to seek, create, and engage in activities that are exciting or stimulating

FAIRNESS & JUSTICE: to be fair and just to myself or others

FITNESS: to maintain or improve my fitness; to look after my physical and mental health and wellbeing

FLEXIBILITY: to adjust and adapt readily to changing circumstances

FREEDOM: to live freely; to choose how I live and behave, or help others do likewise

FRIENDLINESS: to be friendly, companionable, or agreeable towards others

FORGIVENESS/SELF-FORGIVENESS: to be forgiving toward myself or others

FUN: to be fun-loving; to seek, create, and engage in fun-filled activities

GENEROSITY: to be generous, sharing and giving, to myself or others

GRATITUDE: to be grateful for and appreciative of the positive aspects of myself, others and life

HONESTY: to be honest, truthful, and sincere with myself and others

HUMOUR: to see and appreciate the humorous side of life

INDEPENDENCE: to be self-supportive, and choose my own way of doing things

INDUSTRY: to be industrious, hardworking, and dedicated

INTIMACY: to open up, reveal, and share myself – emotionally or physically – in my close personal relationships

KINDNESS: to be kind, compassionate, considerate, nurturing or caring towards myself or others

LOVE: to act lovingly or affectionately towards myself or others

MINDFULNESS: to be open to, engaged in and curious about the present moment

OPEN MINDEDNESS: to think things through, see things from other's points of view, and weigh evidence fairly

ORDER: to be orderly and organized

PATIENCE: to wait calmly for what I want

PERSISTENCE & COMMITMENT: to continue resolutely, despite problems or difficulties

PLEASURE: to create and give pleasure to myself or others

RESPECT/SELF-RESPECT: to be respectful towards myself or others; to be polite, considerate and show positive regard

RESPONSIBILITY: to be responsible and accountable for my actions

ROMANCE: to be romantic; to display and express love or strong affection

SAFETY & PROTECTION: to secure, protect, or ensure my own safety or that of others

SENSUALITY & PLEASURE: to create or enjoy pleasurable and sensual experiences

SEXUALITY: to explore or express my sexuality

SKILFULNESS: to continually practice and improve my skills and apply myself fully

SELF-CARE: to look after my health and wellbeing, and get my needs met

SELF DEVELOPMENT: to keep growing, advancing or improving in knowledge, skills, character, or life experience

SUPPORTIVENESS: to be supportive, helpful and available to myself or others

TRUST: to be trustworthy; to be loyal, faithful, sincere, and reliable

(insert your own unlisted value/s):

.....

.....

.....