**A Quick Look at Your 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’. So read through the list below and write a letter next to each value: V = Very important, Q = Quite important, and N = Not so important.

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

2. Adventure: to be adventurous; to actively seek, create, or explore novel or stimulating experiences

3. Assertiveness: to respectfully stand up for my rights and request what I want

4. Authenticity: to be authentic, genuine, real; to be true to myself

5. Beauty: to appreciate, create, nurture or cultivate beauty in myself, others, the environment etc

6. Caring: to be caring towards myself, others, the environment etc

7. Challenge: to keep challenging myself to grow, learn, improve

8. Compassion: to act with kindness towards those who are suffering

9. Connection: to engage fully in whatever I am doing, and be fully present with others

10. Contribution: to contribute, help, assist, or make a positive difference to myself or others

11. Conformity: to be respectful and obedient of rules and obligations

12. Cooperation: to be cooperative and collaborative with others

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

14. Creativity: to be creative or innovative

15. Curiosity: to be curious, open-minded and interested; to explore and discover

16. Encouragement: to encourage and reward behaviour that I value in myself or others

17. Equality: to treat others as equal to myself, and vice-versa

18. Excitement: to seek, create and engage in activities that are exciting, stimulating or thrilling

19. Fairness: to be fair to myself or others

20. Fitness: to maintain or improve my fitness; to look after my physical and mental health and wellbeing

21. Flexibility: to adjust and adapt readily to changing circumstances

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

23. Friendliness: to be friendly, companionable, or agreeable towards others

24. Forgiveness: to be forgiving towards myself or others

25. Fun: to be fun-loving; to seek, create, and engage in fun-filled activities

26. Generosity: to be generous, sharing and giving, to myself or others

27. Gratitude: to be grateful for and appreciative of the positive aspects of myself, others and life

28. Honesty: to be honest, truthful, and sincere with myself and others

29. Humour: to see and appreciate the humorous side of life

30. Humility: to be humble or modest; to let my achievements speak for themselves

31. Industry: to be industrious, hard-working, dedicated

32. Independence: to be self-supportive, and choose my own way of doing things

33. Intimacy: to open up, reveal, and share myself -- emotionally or physically – in my close personal relationships

34. Justice: to uphold justice and fairness

35. Kindness: to be kind, compassionate, considerate, nurturing or caring towards myself or others

36. Love: to act lovingly or affectionately towards myself or others

37. Mindfulness: to be conscious of, open to, and curious about my here-and-now experience

38. Order: to be orderly and organized

39. Open-mindedness: to think things through, see things from other’s points of view, and weigh evidence fairly.

40. Patience: to wait calmly for what I want

41. Persistence: to continue resolutely, despite problems or difficulties.

42. Pleasure: to create and give pleasure to myself or others

43. Power: to strongly influence or wield authority over others, e.g. taking charge, leading, organizing

44. Reciprocity: to build relationships in which there is a fair balance of giving and taking

45. Respect: to be respectful towards myself or others; to be polite, considerate and show positive regard

46. Responsibility: to be responsible and accountable for my actions

47. Romance: to be romantic; to display and express love or strong affection

48. Safety: to secure, protect, or ensure safety of myself or others

 49. Self-awareness: to be aware of my own thoughts, feelings and actions

50. Self-care: to look after my health and wellbeing, and get my needs met

51. Self-development: to keep growing, advancing or improving in knowledge, skills, character, or life experience.

52. Self-control: to act in accordance with my own ideals

53. Sensuality: to create, explore and enjoy experiences that stimulate the five senses

54. Sexuality: to explore or express my sexuality

55. Spirituality: to connect with things bigger than myself

56. Skilfulness: to continually practice and improve my skills, and apply myself fully when using them

57. Supportiveness: to be supportive, helpful, encouraging, and available to myself or others

58. Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable

59. Insert your own unlisted value here:

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Once you’ve marked each value as V, Q, N (Very, Quite, or Not so important), go through all the Vs, and select out the top six that are most important to you. Mark each one with a 6, to show it’s in your top six. Finally, write those six values out below, to remind yourself this is what you want to stand for as a human being.