

# VALUES: FIND YOUR WHY

This week is all about values - what they are, why they're important and how to make space for them in your life.

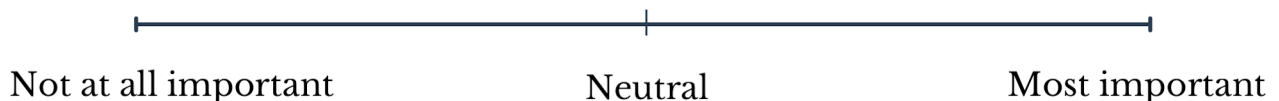
After watching this week's video, work through the exercises and questions on the following pages. Feel free to work in a journal or on the worksheets.

Remember, when we talk about values, we're talking about:

- principles or standards of behaviour
- how we judge what's important in our life
- reference points of what is right, good and important
- factors that influence our attitudes, behaviours, choices and priorities

## VALUES CARD EXERCISE

1. Download and print the values cards on the following pages, and cut them into individual cards.
2. Working through each value one at a time, ask yourself how important or unimportant it is to you. Imagine placing them along a spectrum of importance:



3. Once complete, discard everything that rates lower than an 8.
4. Work through the remaining cards, removing those that:
  - feel like an expectation or obligation
  - represent a solution to a problem
  - are a tool used to serve your values rather than a value themselves.
5. Group similar values together and choose one word to represent them.
6. Work through the remaining cards and place along the spectrum again.
7. Once complete, choose the top 3-6 values. These are your core values.
8. Spend time reflecting, taking note of any that don't feel quite right.
9. Create or find an image, poem or object that represents these values.
10. Keep it close to hand. This is your values touchstone.

# VALUES: FIND YOUR WHY

## ACCEPTANCE

to be accepted  
as I am

## ACHIEVEMENT

to have important  
accomplishments

## ADVENTURE

to have new and  
exciting experiences

## BEAUTY

to appreciate beauty  
around me

## CHALLENGE

to take on difficult tasks  
and problems

## COMPASSION

to feel and act on  
concern for others

## CONNECTION

to have close, supportive  
relationships with others

## CONTRIBUTION

to make a lasting  
impact on the world

## CONSISTENCY

to have dependability  
in choices and actions

## COURAGE

to have strength and bravery  
in the face of adversity

# VALUES: FIND YOUR WHY

## CREATIVITY

to have new  
and original ideas

## DIGNITY

to be worthy  
of honour and respect

## ENCOURAGEMENT

to provide support,  
confidence and  
hope to others

## EXCITEMENT

to have a life full of thrills  
and stimulation

## FAITH

to live according to my  
spiritual or religious beliefs

## FAMILY

to have a happy,  
loving family

## FREEDOM

to act or change  
without constraint

## FLEXIBILITY

to adjust to new  
circumstances easily

## FRIENDSHIP

to have close,  
supportive friends

## FULFILMENT

to have or create  
contentment  
and satisfaction

# VALUES: FIND YOUR WHY

## FUN

to play and have fun

## GENEROSITY

to give what I have  
to others

## GRATITUDE

to readily show thanks and  
appreciation for life

## GROWTH

to keep changing  
and growing

## HAPPINESS

to have a sense of well-being,  
joy or contentment

## HEALTH

to be physically well  
and healthy

## HOME

to find or create a place  
in the world where  
I feel seen and known

## HONESTY

to be honest and truthful

## HOPE

to maintain a positive  
and optimistic outlook

## HUMILITY

to be modest  
and unassuming

# VALUES: FIND YOUR WHY

## HUMOUR

to see the humorous side of myself and the world

## INDEPENDENCE

to be free from dependence on others

## INNER PEACE

to experience personal tranquility and acceptance

## INNER STRENGTH

to be resolute in my will and to have self-belief

## INTEGRITY

to be honest and have strong moral principles

## INTIMACY

to share my innermost experiences with others

## JOY

to seek out and experience great pleasure and happiness

## JUSTICE

to promote fair and equal treatment for all

## LEADERSHIP

to help people develop themselves and reach their fullest potential

## LEARNING

to acquire knowledge or skills through study, experience or being taught

# VALUES: FIND YOUR WHY

## LOVE

to give love to others and be loved by those close to me

## LOYALTY

to be loyal and true in relationships

## NATURE

to hold the natural world as precious and important

## NON-CONFORMITY

to question and challenge authority and norms

## NURTURE

to take care of and nurture others

## OPENNESS

to be open to new people, ideas and opinions

## ORDER

to have a life that is well-ordered and organised

## PASSION

to have deep feelings about ideas, activities, or people

## PATIENCE

to accept problems, suffering or delays without complaint

## PLEASURE

to feel good

# VALUES: FIND YOUR WHY

## PEACE

to develop tranquility and harmony in yourself and others

## POWER

to have control over others

## PRESENCE

to live conscious and mindful of the present moment

## PURPOSE

to have meaning and direction in my life

## RATIONALITY

to be guided by reason and logic

## RESPECT

to earn or give admiration based on abilities, qualities or achievements

## RESPONSIBILITY

to make and carry out responsible decisions

## RISK

to take risks and chances

## ROMANCE

to have intense, exciting love in my life

## SAFETY

to be safe and secure

# VALUES: FIND YOUR WHY

## SELF-ACCEPTANCE

to accept myself as I am

## SELF-RESPECT

to have pride and confidence in myself

## SENSUALITY

to fulfill the senses and enjoy the expression or pursuit of pleasure

## SERVICE

to be of service to others

## SEXUALITY

to have an active and satisfying sex life

## SIMPLICITY

to live life simply, with minimal needs

## SOLITUDE

to have time and space apart from others

## SPIRITUALITY

to grow and mature spiritually

## STABILITY

to have a life that stays fairly consistent

## SUPPORT

to give assistance to others, in material ways



# VALUES: FIND YOUR WHY

## SUSTAINABILITY

to live in a way that doesn't deplete natural resources for future generations

## TRUST

to be reliable and truthful

## TRADITION

to follow respected patterns of the past

## WEALTH

to have plenty of money

## WINNING

to be victorious in whatever pursuits I find myself in

## WISDOM

to have experience, knowledge and good judgement

## OTHER VALUE:

## OTHER VALUE:

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## OTHER VALUE:

# VALUES: FIND YOUR WHY

*My values and their definitions:*

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# VALUES: FIND YOUR WHY

*In my life right now, they look like:*

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# VALUES: FIND YOUR WHY

*Realistic ways to live my values:*

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# VALUES: DAILY OBSERVATION

*When did I act in accordance with my values today?  
And how did I feel?*

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