

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; how you want to treat yourself, others, the world around you.

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 pizzas is *right* and yours is *wrong*. It just means we have different tastes. And similarly, we may have different values. So pick a domain of life that you want to improve, and read through the list below and write a letter next to each value: V = Very important, Q = Quite important, and N = Not so important - *for the specific domain of life you have picked to work on*.

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:
- 60. Insert your own unlisted value here:

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 three that are most important to you *in this domain of life, at this point in time*. The next step is to start looking at ways to live these values, in this area of life; things you can say and do, guided by these values.