

DEFINING YOUR VALUES

Values are the principles, things we consider to be important, that guide and shape our behaviour and choices. Having clearly defined values can help us make difficult decisions. We can reflect on the choices available and take the decision that is closest to our values. Our values may change as we grow and learn through our lives.

Take some time to reflect on and identify your values now and focus on selecting three to five. Once you have identified your values, discuss your choices with a friend and why they are important to you. You could record your values somewhere you are reminded of them; as a screensaver on your phone, written in a planner or maybe make a poster of them. There's a list of possible values below to help you, there are many more options so take the time to find the right values for you.

- Creativity
 - Accountability
 - Knowledge
 - Self-respect
 - Decisiveness
 - Leadership
 - Tradition
 - Democracy
 - Sophistication
 - Ecological awareness
 - Faith
 - Competition
 - Optimism
 - Reputation
 - Cooperation
 - Inclusivity
 - Responsibility
 - Happiness
 - Security
 - Loyalty
 - Stability
 - Status
 - Effectiveness
 - Efficiency
 - Comfort
 - Truth
 - Excellence
 - Nature
 - Authenticity
 - Excitement
 - Wisdom
 - Fairness
 - Recognition
 - Achievement
 - Friendship
 - Physical challenge
 - Growth
 - Pleasure
 - Adventure
 - Family
 - Authority
 - Love
 - Kindness
 - Generosity
 - Privacy
 - Aesthetics / Beauty
 - Public service
 - Honesty
 - Change
 - Independence
 - Community
 - Justice
 - Respect
 - Peace
 - Integrity
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