

## Task sheet

# Values

*Definition: Values are the beliefs that are most important to you. They are the things that motivate and drive you. They fill you with a feeling of purpose.*

1. Circle your top 3 values, the non-negotiables.
2. If you struggle with narrowing down to 3, start with 10-15 and then start to critically work out the ones that drive *all* of your decisions and behaviour. *The list runs onto the 2nd page.*

### Values

Accountability	Faith	Loyalty
Achievement	Family	Making a difference
Adaptability	Financial stability	Nature
Adventure	Forgiveness	Openness
Altruism	Freedom	Optimism
Ambition	Friendship	Order
Authenticity	Fun	Parenting
Balance	Future generations	Patience
Beauty	Generosity	Patriotism
Being the best	Giving back	Peace
Belonging	Grace	Perseverance
Career	Gratitude	Personal fulfilment
Caring	Growth	Power
Collaboration	Harmony	Pride
Commitment	Health	Recognition
Community	Home	Reliability
Compassion	Honesty	Resourcefulness
Competence	Hope	Respect
Confidence	Humility	Responsibility
Connection	Humor	Risk-taking
Contentment	Inclusion	Safety
Consistency	Independence	Security
Contribution	Initiative	Self-discipline
Cooperation	Integrity	Self-expression
Courage	Intuition	Self-respect
Creativity	Job security	Serenity
Curiosity	Joy	Service
Dignity	Justice	Simplicity
Diversity	Kindness	Spirituality
Environment	Knowledge	Sportsmanship
Efficiency	Leadership	Stewardship
Equality	Learning	Success
Ethics	Legacy	Teamwork
Excellence	Leisure	Thrift
Fairness	Love	Time

Tradition  
Travel  
Trust  
Truth  
Understanding

Uniqueness  
Usefulness  
Vision  
Vulnerability  
Wealth

Well-being  
Wholeheartedness  
Wisdom  
Write your own:

	Value	Behaviours that reflect these values	Situations, triggers, or people that distance me from these values
1			
2			
3			