

Living your Values

Values give us direction. They create the framework through which we live our lives. When we feel unsure of which way to turn, our values provide us with a roadmap. Have a read through the list of values below, then circle the six that feel most important to you right now.

Authenticity	Courage	Integrity	Recognition
Achievement	Creativity	Justice	Religion
Activism	Curiosity	Kindness	Reputation
Adventure	Determination	Knowledge	Respect
Authority	Equanimity	Leadership	Responsibility
Autonomy	Fairness	Learning	Security
Balance	Faith	Love	Self-respect
Beauty	Fame	Loyalty	Service
Boldness	Friendship	Meaningful work	Spirituality
Compassion	Fun	Openness	Stability
Challenge	Growth	Optimism	Success
Citizenship	Happiness	Patience	Status
Community	Honesty	Peace	Trustworthiness
Competence	Humour	Pleasure	Wealth
Contribution	Influence	Poise	Wisdom

Using a separate piece of paper, answer the following questions for each value you circled:

1. What does this value mean to me (define it)?
2. How can I live this value in my daily life (what action does it require)?

