

# Thinking about values

- On the next page are some examples of values – ways of acting in life, things we want our lives to be ‘about’
- When we live according to our values, we experience more fulfilment, more sense of purpose and direction
- Different people find different values important; there are no right or wrong values here, just ones that more or less suit **you**
- Look down the list and consider each one; if it doesn’t seem very important to you, write an ‘N’ next to it. If it seems fairly important, put an ‘I’ next to it. If it’s *very* important to you, put a ‘V’ next to it
- Then look at the ones marked ‘V’; ask yourself
  - “how much have I lived by that value in the last couple of days?”
  - If you haven’t, then ask “what small step can I take in the next 48 hours that fits in with that value?”

## *Some Values*

I want to behave...

**N = not so important to me**

**I = important to me**

**V = very important to me**

- respectfully
- irreverently
- co-operatively
- competitively
- independently
- usefully
- generously
- loyally
- kindly /  
compassionately
- dependably
- helpfully
- sociably
- consistently
- honestly
- caringly
- adventurously
- in a nature-friendly way
- creatively
- with curiosity
- justly / fairly
- with appreciation of  
beauty
- openly
- spiritually / religiously
- with commitment
- gratefully
- self-challengingly
- with a sense of fun
- respectably
- flexibly
- taking other  
perspectives
- with originality
- with awareness
- healthily
- nurturingly
- effectively
- enthusiastically

- *“some other way, that’s not on this list?”*