



# Personal Values

Use the table below to begin discovering your values. Run through the personal values listed and circle those that are really important to you.

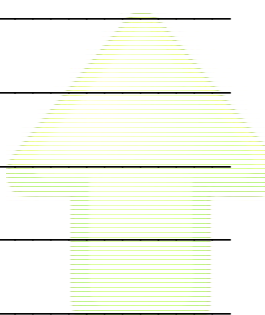
assertiveness	security	education	creativity	equality	conforming
respect for others	appearance	happiness	competition	health	hope
social recognition	authority	religion	relationships	trust	perfectionism
participation	honesty	pleasure	peace	loyalty	tolerance
caring for others	wealth	caring	forgiveness	courage	kindness
spirituality	unity	integrity	power	joy	influence
friendship	love	justice	success	family	career
authenticity	fame	truth	status	wisdom	acceptance
enthusiasm	health	passion	risk	optimism	caring
compassion	excellence	innovation	balance	teamwork	fun
open-mindedness	pride	results	achievement	fairness	decisiveness

Are there any values that are not in the list but are important to you? Add these to your list.

Using the values circled above prioritise your top 5 values.

*Most important*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## Take Action!

Now you have a good idea of the values that are really important to you. Take action, and spend some time this week becoming aware of how you put these values into practice.

Choose two of those values in your top 5, write them down, and focus on putting these personal values into practice this week.