



What do you stand for?

Values are the things that matter to you the most – the personal qualities that are really important to you. They are characteristics that ‘feel right’.

We develop and shape our values throughout our life, depending on the things that happen to us as we grow up, how we view the world, the people we admire or dislike, and the life lessons we learn. Values are what you stand for!

Once you are in touch with your values, it becomes a little easier to make decisions about how you want to live your life. By letting your values guide you and help identify your priorities, you can make life decisions and take opportunities that leave you feeling more satisfied and at ease.

WHY IS KNOWING YOUR TOP 3 VALUES IMPORTANT?



Values help you live a life that means something to you. They help you make decisions that ‘feel right’.



When we go through tough times, we feel lost, like we are going in circles.



Life can feel like a road trip without a map, where you find yourself driving on a freeway with exit ramps everywhere. So many options!



But all the road signs are in a different language.



You don't know what turn to take or what direction you are going in.



Values are helpful because they give us direction, like a compass.



If you don't stand for something, you can easily become lost. Even worse - you will end up following anyone.



## GET IN TOUCH WITH YOUR VALUES

### STEP 1: WHAT ARE YOUR VALUES?

Look at the values list and circle 5 that 'feel right' or mean something to you. Don't think about them too much. Think about what qualities you admire most in someone you look up to. What do your heroes stand for? If you are stuck, choose a value that is the opposite to what someone you **don't** like stands for.

Successful	Hopeful	Creative	Determined
Ambitious	Integrity	Reliable	Fair
Genuine	Fun	Respectful	Forgiving
Stubborn	Unique	Safe	Generous
Compassionate	Kind	Trustworthy	Honest
Confident	Loving	Courageous	Loyal
Exciting	Family	Good friend	Never give up

### STEP 2: WHAT ARE YOUR TOP 3?

### STEP 3: ACT ON YOUR VALUES

Think of 3 actions that fit with your top 3 values. For example, if one of your values is to be kind, you might do something nice for a friend who is going through a difficult time.



### PRACTICE & REFLECT

Write your top 3 values down. Put them in a place where you will see them every day. Or take a photo of this page and save it on your phone. Try to do one thing each day that fits with the 3 values you have identified. Write it in the calendar and tick it off once you have had a go.

MON	TUE	WED	THUR	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Have you noticed what happens when you do things that go against your values? How do you feel?