



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’.

WHAT ARE YOUR TOP THREE VALUES?

Do any of these values mean something to you?

If you're stuck, think about what qualities you admire most in someone you look up to.

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|---------------|------------|-------------|
| Successful | Determined | Loyal |
| Ambitious | Forgiving | Good friend |
| Compassionate | Generous | Courageous |
| Integrity | Honest | Family |
| Fun | Kind | Trustworthy |
| Respectful | Loving | |



Values are what you stand for.



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



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



IDENTITY & VALUES