

## Values Exercise

### Step 1:

Read through the values in the table below and categorise them as 'Not Important', 'Important', or 'Extremely Important'.

Value	Not Important	Important	Extremely Important
Acceptance: Accept myself as I am			
Assertiveness: Respectfully stand up for myself			
Authenticity: Genuine, real, true to myself			
Autonomy: Determine my own way, independent			
Caring: Take care of others			
Challenge: Take on difficult tasks/problems to grow			
Change: Have change and variety in life			
Compassion: Feel suffering of others and assist			
Contribution: Make positive difference to others			
Cooperation: Be collaborative with others			
Courage: Face and persist in face of fear/adversity			
Curiosity: Open-minded, explore and discover			
Dependable: Reliable and trustworthy			
Fun: Seek and have fun activities			

Growth: Positive change and development as a person			
Honesty: Be honest and truthful			
Hope: Have a positive outlook on life			
Humility: Be modest and unassuming			
Humour: See humour in myself, others, and situations			
Independence: Support myself and do things my way			
Knowledge: To learn about myself, others, the world			
Loyal: Strong support and allegiance to others/causes			
Mindfulness: Present moment awareness			
Moderation: Avoid excesses, find middle ground			
Openness: Receptive to new ideas, experiences, actions			
Order: Well-ordered and organised life			
Patience: Wait calmly for things I want			
Persistence: Continue moving towards goals despite obstacles			
Pleasure: Have positive inner sensations and experiences			
Purpose: Sense of direction and meaning			
Rationality: Guided by reason and logic			
Realism: See circumstances and situations realistically			
Reciprocity: Balanced give and take in relationships			

Relationships: Have healthy relationships with others			
Reliable: Consistently follow through on your intentions			
Respect: Value self/others showing respect and consideration			
Responsibility: Make and carry out responsible decisions/actions			
Self-Acceptance: Accept self as I am			
Self-Care: Look after physical/mental health, get needs met			
Self-Control: Be disciplined in my actions			
Self-Esteem: Feel good about myself			
Spirituality: Grow and mature spiritually			
Stability: Have a consistent and predictable life			
Tolerance: Accept and respect those who differ from me			
Insert other value:			
Insert other value:			

