

Wellbeing. Support. Space.

Values: The Compass for Authentic Living

Wellbeing. Support. Space.

Why is it important to identify your values?

Personal Clarity:

Identifying your values helps clarify what is truly important to you. It allows you to understand your priorities, make decisions aligned with your principles, and live a more purposeful and meaningful life.

Guiding Principles:

Values serve as guiding principles that shape your attitudes, beliefs, and behaviours. They provide a moral compass that helps you navigate situations, make choices, and set goals.

Decision Making:

Your values act as a framework for decision-making. When faced with choices or dilemmas, you can refer to your values to evaluate the options and make decisions that align with your beliefs. This helps you make choices consistent with your authentic self and long-term goals.

Consistency and Integrity:

Selecting and living by your values promotes consistency and integrity in your actions and interactions with others. When your actions align with your values, you establish a sense of trustworthiness and authenticity. People can rely on you to uphold your principles, which enhances your reputation and relationships.

Self-Awareness and Self-Development:

Exploring and selecting your values requires introspection and self-awareness, and it encourages you to reflect on your beliefs, strengths, and areas for growth. By understanding your values, you can identify areas where you want to improve or align your life more closely with what you truly value.

Goal Setting and Motivation:

Your values can be a source of motivation and drive. When your goals align with your values, you are more likely to be motivated, engaged, and committed to pursuing them. Values provide a sense of purpose and fulfilment, making it easier to stay focused and determined in achieving your objectives.

Well-being and Happiness:

Living a life congruent with your values promotes greater well-being and happiness. When you are true to yourself and live according to your core principles, you experience a deeper sense of fulfilment, satisfaction, and inner peace.

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The Ten Domains of Living

(Adapted from Kelly Wilson's Valued Living Questionnaire)

1. Family relationships:

What qualities do you want to bring to your roles within your family? How do you envision building meaningful relationships with your family members? If you were the best version of yourself in these relationships, how would you interact with others?

2. Marriage/Couples/Intimate Relations:

What kind of partner would you like to be in an intimate relationship? Which personal qualities would you like to improve? What type of relationship would you like to establish? How would you interact with your partner if you were the best version of yourself in this relationship?

3. Parenting:

What kind of qualities do you aspire to have as a parent? What type of parent do you envision yourself being? What kind of relationships would you like to cultivate with your children? Consider how you would behave as the best version of yourself.

4. Friendships/social life

When it comes to friendships and social life, what are the qualities that you value the most? What type of friendships do you want to cultivate?

5. Career/Employment

When it comes to your career and employment, what do you consider important? What would add more significance to your work? How do you envision yourself as a worker? If you were to meet your standards, which personal qualities would you bring to your job? And what type of work relationships do you aim to develop?

6. Education/personal growth and development

What are the aspects of learning, education, training, or personal growth that you find valuable? Are there any new skills or knowledge that you would like to acquire? What kind of further education interests you? How do you envision yourself as a student? What personal qualities do you want to incorporate into your pursuits?

7. Recreation/fun/leisure

What are your favourite hobbies, sports, or leisure activities? How do you like to unwind and relax? What brings you joy and laughter? Are there any activities you would like to try in the future?

8. Spirituality

Spirituality can have different meanings for each person; all interpretations are valid. It can range from spending time in nature to being part of a formal religious community. What holds significance for you in this aspect of your life?

9. Citizenship/ environment/ community life

Do you volunteer, recycle, or support a charity, group, or political party? What kind of environment do you aim to create at home and work? Are there any environments where you enjoy spending more time?

10. Physical and mental well-being

What are your values regarding taking care of your physical health? How do you maintain your well-being regarding sleep, diet, exercise, smoking, alcohol consumption, and so on? Why do you think it's crucial to prioritise your physical and mental health?



Please choose one or more domains of life.

**Wellbeing.
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**Family
Relationships**

**Marriage/
Couples/intimate
relationships**

Parenting

**Friendships/
Social Life**



Please choose one or more domains of life.

Wellbeing.
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**Career/
Employment**

**Education/
personal growth/
development**

**Recreation/Fun
and Leisure**

Spirituality



Please choose one or more domains of life.

Wellbeing.
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Space.

**Citizenship/
environment/
community life**

**Physical and
Mental Wellbeing**



Please categorise the values using the headings provided.

Wellbeing.
Support.
Space.

VERY IMPORTANT

QUITE IMPORTANT

NOT IMPORTANT

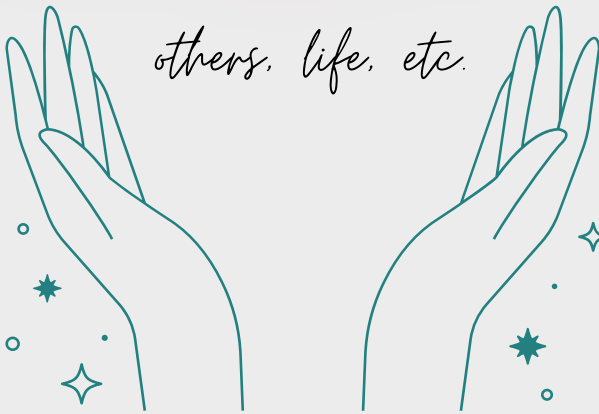


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Wellbeing.
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Acceptance

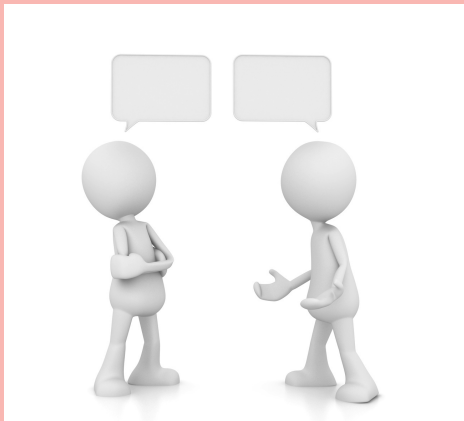
*to be accepting of myself,
others, life, etc.*



ADVENTURE



To be adventurous; to
actively explore novel or
stimulating experiences



to respectfully stand up for my
rights and request what I want

ASSERTIVENESS

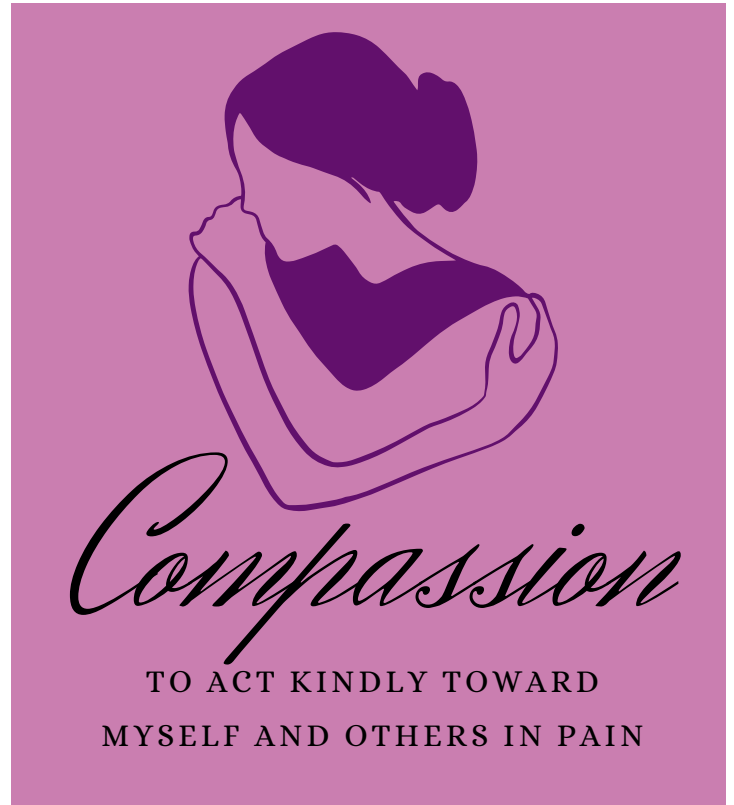
Authenticity

to be authentic, genuine, and real;
to be true to myself

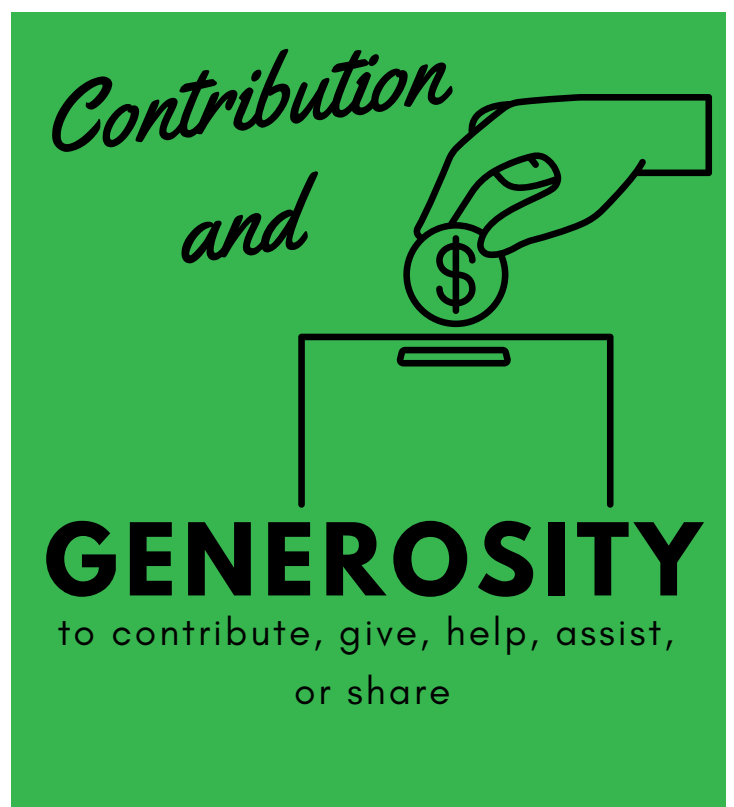


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**To engage fully in whatever
I'm doing and be fully
present with others**





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Cooperation

to be cooperative and collaborative with others



Be

COURAGEOUS

to be courageous or brave; to persist in the face of fear, threat, or difficulty



to be creative or innovative

Curiosity

TO BE CURIOUS, OPEN-MINDED, AND INTERESTED; TO EXPLORE AND DISCOVER





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ENCOURAGE

to encourage and
reward behaviour
that I value in myself
or others



Engagement

to engage fully in what I am doing



fairness & justice
to be fair and just to myself or others

FITNESS

to maintain or improve or
look after my physical and mental health





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equality

to treat others as equal to myself
and vice-versa



EXCITEMENT

to seek, create and engage in
activities that are exciting,
stimulating or thrilling

FLEXIBILITY



to adjust and adapt readily
to changing circumstances



FREEDOM: TO LIVE FREELY; TO
CHOOSE HOW I LIVE AND BEHAVE,
OR HELP OTHERS DO LIKEWISE



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friendliness



to be friendly,
companionable, or
agreeable towards others



to be forgiving towards myself
or others

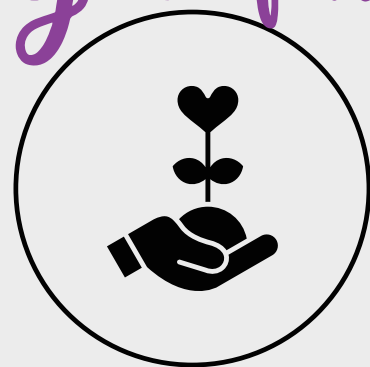
Forgiveness



to be fun-loving; to seek,
create, and engage in fun-
filled activities



Be Grateful



to be grateful for and
appreciative of the positive
aspects of myself, others and life



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HONESTY



to be honest, truthful, and sincere
with myself and others

Hard working



to work with energy and
commitment



to be humble or modest; to
let my achievements speak
for themselves

Humour

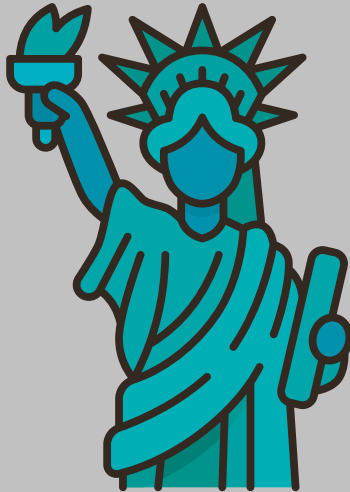


to see and appreciate the
humorous side of life



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to be self-supportive, and
choose my own way of doing things

Independence

Intimacy



to open up, reveal, and share myself
emotionally or physically – in my close
personal relationships

KINDNESS



to be kind, compassionate,
considerate, nurturing or caring
towards myself or others



to act lovingly or
affectionately towards
myself or others



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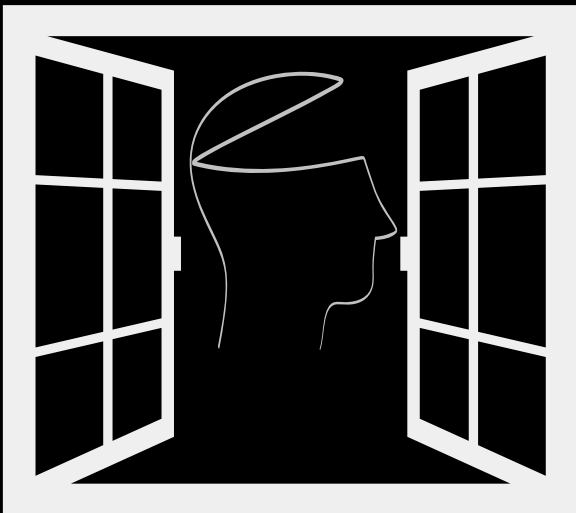
Mindfulness



*to be conscious of, open to, and
curious about my here-and-now experience*



Order
**to be orderly and
organized**



Open-mindedness

to think things through, see things
from other's points of view, and
weigh evidence fairly.



Patience

to wait calmly for what I want



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Persistence



to continue resolutely, despite problems or difficulties

Pleasure



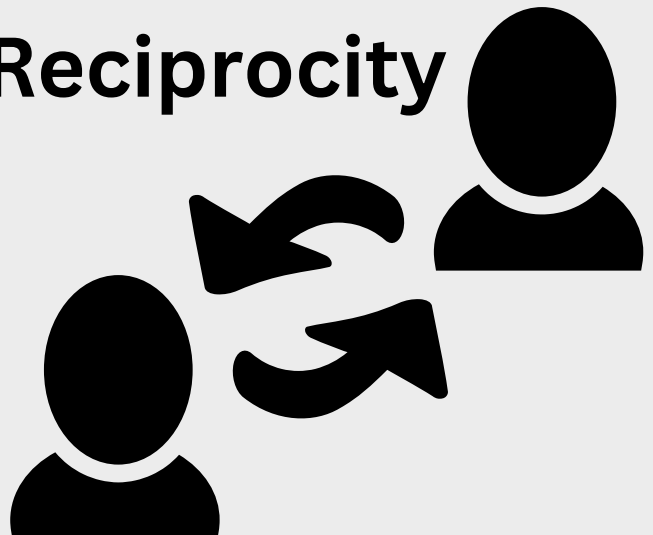
to create and give pleasure to myself or others

Power



to strongly influence or wield authority over others, e.g. taking charge, leading, organizing

Reciprocity



to build relationships in which there is a fair balance of giving and taking



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RESPECT

to be respectful towards myself or others; to be polite, considerate and show positive regard



to be responsible and accountable for my actions



TO BE ROMANTIC; TO DISPLAY AND EXPRESS LOVE OR STRONG AFFECTION

Safety



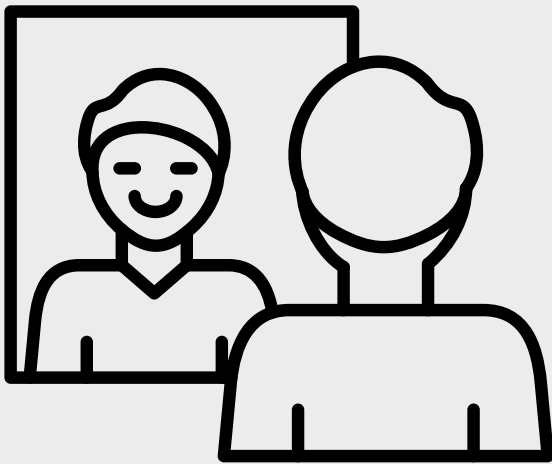
to secure, protect, or ensure safety of myself or others



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Self Awareness



**to be aware of my own
thoughts, feelings and actions**

Self Care



*to look after my health and
wellbeing, and get my needs met*



Self Development

**to keep growing, advancing or improving
in knowledge, skills, character, or life
experience**



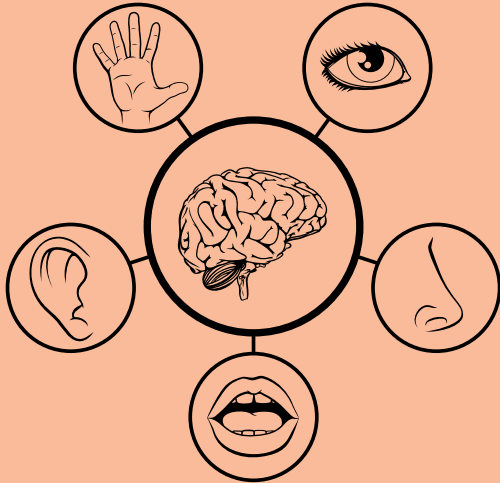
Self control

**to act in accordance with
my own ideals**



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SENSUALITY

to create, explore and enjoy experiences that stimulate the five senses

Sexuality



**to explore or
express my sexuality**



Spirituality

TO CONNECT WITH THINGS
BIGGER THAN MYSELF

Skilfulness



**to continually practice and improve
my skills, and apply myself fully
when using them**



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Supportiveness

to be supportive, helpful, encouraging,
and available to myself or others

Trust



to be trustworthy; to be loyal,
faithful, sincere, and reliable

Insert your own unlisted value here:

Insert your own unlisted value here:



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Insert your own unlisted value here:

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