

Values Worksheet

Imagine jumping ahead in time and being at your own 80th birthday party. What you would most like to hear from your guests about how you lived your life, where you put your energy and what was most important to you?

From the notes you made above and using the value words below as pointers, if needed, aim to identify your top 5 values.

Pick one value. What small thing could you do this week to get a little bit more of this value into your life?

Values – qualities of being

- Acceptance
- Family
- Inner strength
- Power
- Achievement
- Freedom
- Integrity
- Respect
- Adventure
- Friendship
- Joy
- Safety
- Beauty
- Fulfilment
- Leadership
- Empowerment
- Challenge
- Fun
- Learning
- Compassion
- Gratitude
- Love
- Service
- Connection
- Happiness
- Loyalty
- Spirituality
- Consistency
- Health
- Nature
- Structure
- Courage
- Home
- Empathy
- Support
- Creativity
- Honesty
- Order
- Trust
- Dignity
- Hope
- Passion
- Wealth
- Equality
- Independence
- Patience
- Winning
- Fairness
- Community
- Harmony
- Wisdom
- Growth
- Kindness
- Individuality
- Curiosity