# A Quick Look at Values – adapted from material by Russ Harris

Values are your heart’s deepest desires for how you want to behave as a human being. Values are not about what you want to get or achieve; they are about how you want to behave or act; how you want to treat yourself, others, the world around you.

Below are some of the most common values. Not all of them will be important to you. There are no such things as ‘right values’ or ‘wrong values’.

You may have different values in different domains of your life. The **domains** are:

|  |  |
| --- | --- |
| **Work & education** | **Relationships** |
| **Leisure** | **Personal growth** |

**Activity**

1. Pick **a domain** of life that you want to improve
2. Read through the list below and write a letter next to each value: **V** = Very important – then pick the top three or four that are most important to you
3. Think about ways to live these values; things you can say and do to live these values.

**Values**

1. Acceptance: to be open to and accepting of myself, others, life etc
2. Adventure: to be adventurous; to actively seek, create, or explore novel or stimulating experiences
3. Assertiveness: to respectfully stand up for my rights and request what I want
4. Authenticity: to be authentic, genuine, real; to be true to myself
5. Beauty: to appreciate, create, nurture or cultivate beauty in myself, others, the environment etc
6. Caring: to be caring towards myself, others, the environment etc
7. Challenge: to keep challenging myself to grow, learn, improve
8. Compassion: to act with kindness towards those who are suffering
9. Connection: to engage fully in whatever I am doing, and be fully present with others
10. Contribution: to contribute, help, assist, or make a positive difference to myself or others
11. Conformity: to be respectful and obedient of rules and obligations
12. Cooperation: to be cooperative and collaborative with others
13. Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty
14. Creativity: to be creative or innovative
15. Curiosity: to be curious, open-minded and interested; to explore and discover
16. Encouragement: to encourage and reward behaviour that I value in myself or others
17. Equality: to treat others as equal to myself, and vice-versa
18. Excitement: to seek, create and engage in activities that are exciting, or stimulating
19. Fairness: to be fair to myself or others
20. Fitness: to maintain or improve my fitness; physical and mental health and wellbeing
21. Flexibility: to adjust and adapt readily to changing circumstances
22. Freedom: to live freely; to choose how I live and behave, or help others do likewise
23. Friendliness: to be friendly, companionable, or agreeable towards others
24. Forgiveness: to be forgiving towards myself or others
25. Fun: to be fun-loving; to seek, create, and engage in fun-filled activities
26. Generosity: to be generous, sharing and giving, to myself or others
27. Gratitude: to be grateful and appreciative of the positive aspects of myself, others and life
28. Honesty: to be honest, truthful, and sincere with myself and others
29. Humour: to see and appreciate the humorous side of life
30. Humility: to be humble or modest; to let my achievements speak for themselves
31. Industry: to be industrious, hard-working, dedicated
32. Independence: to be self-supportive, and choose my own way of doing things
33. Intimacy: to open up, reveal, and share myself emotionally or physically – in my close personal relationships
34. Justice: to uphold justice and fairness
35. Kindness: to be kind, compassionate, considerate, nurturing or caring to myself or others
36. Love: to act lovingly or affectionately towards myself or others
37. Mindfulness: to be conscious of, open to, and curious about my current experience
38. Order: to be orderly and organized
39. Open-mindedness: to think things through, see things from other’s points of view, and weigh evidence fairly
40. Patience: to wait calmly for what I want
41. Persistence: to continue resolutely, despite problems or difficulties.
42. Pleasure: to create and give pleasure to myself or others
43. Power: to strongly influence or wield authority over others, e.g. take charge, lead, organize
44. Reciprocity: to build relationships in which there is a fair balance of giving and taking
45. Respect: to be respectful towards myself or others; to be polite, considerate and show positive regard
46. Responsibility: to be responsible and accountable for my actions
47. Romance: to be romantic; to display and express love or strong affection
48. Safety: to secure, protect, or ensure safety of myself or others
49. Self-awareness: to be aware of my own thoughts, feelings and actions
50. Self-care: to look after my health and wellbeing, and get my needs met
51. Self-development: to keep growing, advancing or improving in knowledge, skills, character, or life experience.
52. Self-control: to act in accordance with my own ideals
53. Sensuality: to create, explore and enjoy experiences that stimulate the five senses
54. Sexuality: to explore or express my sexuality
55. Spirituality: to connect with things bigger than myself
56. Skilfulness: to continually practice, improve and apply my skills
57. Supportiveness: to be supportive, helpful, encouraging, and available to myself or others
58. Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable
59. Insert your own unlisted value here:
60. Insert your own unlisted value here: