

EXAMPLES OF VALUES

Values have a powerful influence on our working approach. They're a crucial part of what makes each of us tick. Developed from our life experiences, they influence our behavior in almost every way, including our choice of goals, how we make decisions, and how we respond to the actions of others. Even our "to do" lists reflect our values in some way, since they're as much about what we choose to do as about what's necessary.

This list will help you to think about the **top two or three values** that matter most to you.

Accountability	Contentment	Fairness
Adaptability	Contribution	Faith
Adventure	Cooperation	Family
Agility	Courage	Financial security
Altruism	Creativity	Fitness
Authenticity	Curiosity	Fortitude
Autonomy	Decisiveness	Freedom
Beauty	Determination	Friends
Belonging	Dignity	Friendship
Boldness	Diligence	Fun
Bravery	Diplomacy	Future generations
Big picture thinking	Discipline	Gallantry
Calm	Diversity	Giving back

Career	Duty	Global mindset
Caring	Empathy	Gratitude
Challenge	Energy	Growth
Courage	Enthusiasm	Happiness
Commitment	Environment	Harmony
Compassion	Equality	Honesty
Competence	Ethics	Hope
Confidence	Excellence	Humility
Humor	Parenting	Spirituality
Inclusion	Passionate	Status
Industriousness	Patience	Stewardship
Initiative	Peace	Strength
Innovation	Perception	Success
Insightfulness	Persistence	Support
Inspiring	Power	Sustainability
Integrity	Pride	Tact
Kindness	Punctuality	Teamwork
Leadership	Purpose	Thrift
Learning	Quality	Travel
Legacy	Recognition	Trust
Logic	Reliability	Truth
Love	Resilience	Understanding
Loyalty	Resourcefulness	Variety

Making a difference

Meaning

Mindfulness

Nature

Nurturing

Optimism

Organisation

Patriotism

Other?

Respect

Risk

Safety

Security

Self-respect

Simplicity

Social connection

Spontaneity

Vision

Warmth

Wealth

Wellbeing

Wholeheartedness

Wisdom

Worthiness

Zeal
