

Getting in touch with your values

Being accepting of myself and others	Leading an exciting life	Being attractive	Being powerful & authoritative	Being self-sufficient	Appreciating beauty in the world
Being a caring person	Challenging myself	Being open to new experiences	Living a comfortable life	Behaving honorably	Keeping my promises
Caring for others	Making a difference	Being a force for good	Collaborating with others	Being considerate	'Flow' and being in the moment
Creating beautiful objects	Being reliable and trustworthy	Being in nature	Being environmentally conscious	Being loyal and true	Being admired
Being famous	Ensuring my loved ones are safe and secure	Being physically active	Living a healthy life	Choices and freedom	Being forgiving
Being spontaneous	Living in the present moment	Having close and authentic friendships	Having fun	Being playful	Being generous
Being genuine and authentic	Learning and growing	Growing as a person	Living a spiritual life	Respecting my faith & beliefs	Helping others
Being hospitable to guests and strangers	Living with integrity	Being hopeful and optimistic	Being humble and modest	Finding the humour in life	Being hard-working
Sharing my innermost experiences	Fighting injustice and promoting justice	Being informed and knowledgeable	Discovering and sharing knowledge	Making time to relax and enjoy	Being loved
Being a loving person	Mastering skills	Living with moderation (avoiding excess)	Being loving with my partner	Thinking for myself	Helping others to do well
Being open to new ideas and opinions	Living an organised and orderly life	Being passionate	Experiencing physical pleasure	Being popular and well-liked	Being powerful and in control
Living a life of purpose	Being rational and logical	Being a realist	Making responsible decisions	Being a risk-taker	Being romantic
Being safe from danger	Accepting myself	Being disciplined and in control	Understanding and knowing myself	Living a life of service & duty	Experiencing sexual pleasure
Living a simple life	Having time for myself	Being close to God	Being stable and settled	Respecting other cultures and traditions	Preserving my cultural traditions
Living a moral life	Being wealthy	Promoting peace in the world	Teaching and sharing knowledge	Being curious	Fixing things