

Explore Your Values.

Words to explore, rather than qualities you have to possess.

Choose a few that matter in one area of your life. You can use your own words too.

**Acceptance**☐

Make room for my experience, other people and the realities of life.

Adventure☐

Seek or explore new experiences.

Assertiveness☐

Express my needs and views respectfully.

Authenticity☐

Act in ways that feel true to me.

Beauty☐

Notice, appreciate or create beauty.

Belonging☐

Participate in relationships and communities with openness and care.

Boundaries☐

Set and communicate limits that protect what matters.

Caring☐

Care for myself, others and the world around me.

Calm☐

Approach myself and difficult moments with steadiness and care, even when anxious.

Challenge☐

Stretch myself in ways that matter to me.

Clarity☐

Seek understanding and communicate clearly.

Compassion☐

Notice suffering and respond with a wish to help.

Commitment☐

Follow through on what matters, while allowing room to adjust.

Connection☐

Be present and engaged with people who matter to me.

Contribution☐

Offer something useful to others or my community.

Cooperation☐

Work with others and make room for different needs.

Courage☐

Act on what matters even when fear is present.

Creativity☐

Explore ideas and express myself creatively.

Curiosity☐

Stay open, ask questions and explore.

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**Encouragement**

Recognise effort and offer support to myself and others.

☐**Equality**

Treat people with equal dignity and consideration.

☐**Excitement**

Explore experiences that interest and energise me.

☐**Fairness**

Act fairly towards myself and others.

☐**Fitness**

Care for my body through movement and manageable routines.

☐**Flexibility**

Adapt my response when circumstances change.

☐**Freedom**

Make considered choices and support others' freedom to choose.

☐**Friendliness**

Approach others with warmth and openness.

☐**Forgiveness**

Practise letting go of resentment without dismissing harm or abandoning boundaries.

☐**Fun**

Make room for enjoyment and play.

☐**Generosity**

Share time, attention or resources in ways I choose.

☐**Gratitude**

Notice and appreciate what I value.

☐**Growth**

Learn and develop through experience.

☐**Honesty**

Speak and act truthfully.

☐**Humility**

Stay open to learning and acknowledge my limitations.

☐**Humour**

Make room for humour without using it to dismiss pain.

☐**Industry**

Bring care and effort to work that matters.

☐**Independence**

Develop my capacity to choose and act for myself.

☐**Intimacy**

Share closeness with openness, care and consent.

☐

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**Integrity**

Act consistently with what matters to me.

☐**Justice**

Speak up for fairness and respond to injustice.

☐**Kindness**

Treat myself and others with kindness.

☐**Love**

Express love through how I act.

☐**Meaning**

Invest time and care in what gives my life meaning.

☐**Mindfulness**

Attend to the present with openness and curiosity.

☐**Order**

Create helpful order without needing everything to be perfect.

☐**Open-mindedness**

Consider other perspectives and remain willing to learn.

☐**Patience**

Allow time for things to unfold, even when waiting is difficult.

☐**Persistence**

Keep returning to worthwhile efforts, adjusting when needed.

☐**Playfulness**

Bring curiosity, lightness and play into my life.

☐**Pleasure**

Make room for enjoyable experiences.

☐**Power**

Use influence responsibly and take initiative where it matters.

☐**Receptiveness**

Remain open to support, feedback and new perspectives.

☐**Reciprocity**

Give and receive with care for mutual needs.

☐**Resilience**

Respond to setbacks with flexibility, support and persistence.

☐**Respect**

Treat myself and others with dignity.

☐**Responsibility**

Take responsibility for my choices and repair where possible.

☐**Romance**

Express affection thoughtfully in close relationships.

☐

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Safety

Take proportionate steps to care for safety without seeking complete certainty.

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Self-acceptance

Treat myself as worthy of care, including when I struggle or make mistakes.

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Self-awareness

Notice my experience and patterns with curiosity.

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Self-care

Attend to my needs, health and wellbeing.

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Self-control

Pause and choose responses that fit my intentions, without demanding perfect control.

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Self-development

Develop skills and understanding in directions that matter.

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Self-respect

Treat myself with dignity and honour my needs.

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Sensuality

Notice and enjoy experiences through my senses.

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Sexuality

Express or explore sexuality with care, consent and respect.

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Spirituality

Explore meaning and connection beyond myself.

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Skilfulness

Practise skills with patience and willingness to learn.

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Spontaneity

Allow room for unplanned choices and possibilities.

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Stability

Build supportive routines while allowing flexibility.

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Supportiveness

Offer support while respecting my own and others' limits.

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Sustainability

Choose ways of living that I can maintain with care.

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Trust

Act reliably and communicate openly.

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Vulnerability

Let myself be seen with openness and care, where it feels appropriate.

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Wisdom

Draw on experience and reflection to choose thoughtfully.

☐

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