

# VALUING YOUR VALUES

## Exploring your personal values

Values “are the principles that give our lives meaning and allow us to persevere through adversity,” according to psychologist Barb Markway. This definition is powerful, as it emphasises two important benefits of understanding your values... Firstly, the fact that they provide the guidelines for your life. Secondly, they can help us carry on and triumph when times are particularly tough.

Some values are communal, and generally held by a whole society (such as respect, honesty and accountability). But others are very personal indeed and may apply to you, but not the others around you. Understanding your values, and the differing values of those around you, is an essential element of building self-awareness and emotional intelligence.

### Values sorter activity

- 1.** We've given you some example values on the following pages. Print them off and cut them out into individual cards. There are extra blank cards that you can write additional values on if you feel something is missing. The 5 orange cards are 'header' cards, print them off too and cut them out so they're on separate cards.
- 2.** Organise the orange header cards at the top of the table (or whatever surface you're working on). Take some time to review each value card, and reflect on how important that value is to you personally. You can find clues in memories of the best and worst times in your life as well as people you admire... Think of those situations and ask yourself 'why'. Place each value under the relevant orange card. Do this with all of the cards, until you have 5 piles.
- 3.** Once you've established your values, you've already increased your levels of self-awareness. Brilliant! To take that awareness to the next level, spend some time reviewing the reflective questions on page 4. This will help you establish what you'd like to do with the outcomes.

Achievement	Adventure	Attractiveness
Authority	Autonomy	Beauty
Caring	Challenge	Change
Comfort	Commitment	Compassion
Contribution	Cooperation	Courtesy
Creativity	Dependability	Duty
Ecology (living in harmony with the environment)	Excitement	Faithfulness

Fame	Family	Fitness
Flexibility	Forgiveness	Friendship
Fun	Generosity	Genuineness
Growth	Health (physical)	Health (spiritual)
Helpfulness	Hospitality	Honesty
Hope	Humility	Humour
Independence	Industry (to work hard and well)	Inner peace

Intimacy	Justice	Knowledge
Leisure	Loved	Loving
Mastery	Mindfulness	Moderation
Monogamy	Non-conformity	Nurturance
Openness	Order	Passion
Pleasure	Popularity	Power
Purpose	Rationality	Realism

Responsibility	Risk	Romance
Safety	Self-acceptance	Self-control
Self-esteem	Self-knowledge	Service
Sexuality	Simplicity	Solitude
Stability	Tolerance	Tradition
Virtue	Wealth	World peace
Respect	Pride	Dignity

Empathy	Connection	Responsibility
Acceptance	Accuracy	

VERY IMPORTANT	IMPORTANT	NOT IMPORTANT
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SOMEWHAT IMPORTANT	MOST IMPORTANT
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## Reflection questions

**Which are the 5-10 values MOST important to you in your life?**

**What does each value mean to you and how do these values show up in your daily life?**

**How do these values help and hinder you?**

**What values do the people around you hold? What are the differences between yours and theirs?**

**How can you use this knowledge to improve your daily life and relationships with others?**

# FURTHER INFO

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