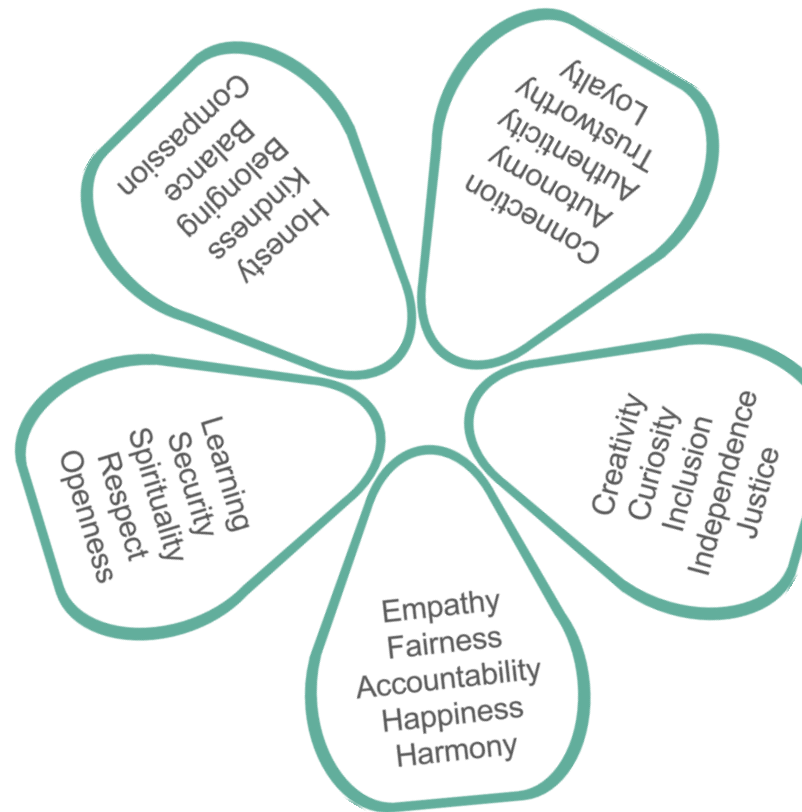


Knowing your Values – using them effectively

A value is a way of being or a belief that we hold most important. It's walking the talk putting our beliefs into action. Having to change our daily routines, place of work and contact with others can greatly impact on our motivation, purpose and wellbeing.

Values can change as we move through life. Knowing what's most important to you can help with intentional activities and increase levels of satisfaction.



Using the values at the top of the page circle your top 10.
Look at the values again and reduce this number down to 5.
Of these 5 which are your top three.
List these below.

1. _____

2. _____

3. _____

Five top tips for using your values.

1. Use them in conversation
2. Write them down and keep them where you can see them.
3. Apply your values as motivators to achieve your goals.
4. At bedtime spend a couple of minutes reflecting on your day and how you've used your values.
5. Use your values to help recognise and respect the values of others.