

Values Workshop

Acceptance: to be open to and accepting of myself, others, and life.

Adventure: to be adventurous; to actively seek, create, or explore new stimulating experiences.

Assertiveness: to respectfully stand up for my rights and request what I want.

Authenticity: to be authentic, genuine, real; to be true to myself.

Caring: to be caring towards myself, others, and the environment.

Challenge: to keep challenging myself to grow, learn, and improve.

Compassion: to act with kindness towards those who are suffering.

Connection: to engage fully in whatever I am doing and be fully Present with others.

Contribution: to contribute, help, assist, or make a positive difference to myself or others.

Cooperation: to be cooperative and collaborative with others.

Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty.

Creativity: to be creative or innovative.

Curiosity: to be curious, open-minded, and interested; to explore and discover.

Empathy: to be open to understand and share the feelings of other people.

Encouragement: to encourage and reward behaviour that I value in myself or others.

Equality: to treat others as equal to myself.

Excitement: to seek, create, and engage in activities that are exciting, stimulating, or thrilling.

Fairness: to be fair to myself or others.

Flexibility: to adjust and adapt readily to changing circumstances.

Freedom: to live freely; to choose how I live and behave or help others do likewise.

Friendliness: to be friendly, companionable, or agreeable towards others.

Forgiveness: to be forgiving towards myself or others.

Fun: to be fun-loving; to seek, create, and engage in fun-filled activities.

Generosity: to be generous, sharing and giving to myself or others.

Gratitude: to be grateful for and appreciative of the positive aspects of myself, others, and life.

Health: to look after my physical and mental health and well-being.

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Honesty: to be honest, truthful, and sincere with myself and others.

Humour: to see and appreciate the humorous side of life.

Humility: to be humble or modest; to let my achievements speak for themselves.

Independence: to be self-supportive and choose my own way of doing things.

Intimacy: to open up, reveal, and share myself- emotionally or physically in my close relationships.

Justice: to uphold justice and fairness.

Kindness: to be kind, compassionate, considerate, nurturing or caring towards myself or others.

Love: to act lovingly or affectionately towards myself or others.

Mindfulness: to be conscious of, open to, and curious about my here-and-now experience.

Order: to be orderly and organized.

Open-mindedness: to think things through, see things from others' points of view.

Patience: to wait calmly for what I want; to give grace to others.

Persistence: to continue resolutely, despite problems or difficulties.

Reciprocity: to build relationships in which there is a fair balance of giving and taking.

Respect: to be respectful towards myself or others; to be polite, considerate and show positive regard.

Responsibility: to be responsible and accountable for my actions.

Romance: to be romantic; to display and express love or strong affection.

Safety: to secure, protect, or ensure safety of myself or others.

Self-awareness: to be aware of my own thoughts, feelings, and actions.

Self-care: to look after my health and well-being and get my needs met.

Self-development: to keep growing and improving in knowledge, skills, character, or life experience.

Self-control: to act in accordance with my own ideals.

Spirituality: to connect with things bigger than myself.

Skillfulness: to continually practice and improve my skills and apply myself fully when using them.

Supportiveness: to be supportive, helpful, encouraging, and available to myself or others.

Tolerance: to be understanding and respectful to others, even if you disagree or they annoy you.

Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable.