

OUR VALUES

What Are Values?

Values are the beliefs and principles that matter most to you and guide how you live and interact with others. Knowing your values helps you make choices that feel right, understand yourself better, and connect meaningfully with those around you.

Importance of Personal Values

1. Guides our decision-making with a sense of ethics, self-respect, and integrity
2. Gives us satisfaction and confidence in decisions
3. Gives us a sense of purpose and ambition
4. Helps us envision long-term goals
5. Helps us manage stress and prioritize
6. Strengthens self-awareness
7. Boosts our confidence
8. Supports self-creation of identity
9. Helps us understand our interpersonal relationships

How Do Values Impact Our Lives?

Self Creation & Revision

Our values help us create an image of ourselves in our minds. What are the traits that make us who we are? What are the core values that determine how we lead our lives?

Relationships & Boundaries

Understanding our values helps us understand our wants and needs in our relationships. How do our values show up in our relationships? What is a boundary that is shaped by your values?

Goals & Life Direction

The vision we have for our future lives are shaped by our core values. They are integral to the goals we set and self-determination of our lives! What values do you want to nurture in your life?





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Write down your core values on the petals:

