

Handout 2.2: Choosing your own values

From the list below, choose the values that you think are important to you.

Mark them according to how important they are to you.

- ▶ This value is very important to me – tick the upper (left-hand) box for five values
- ▶ This value is moderately important to me – tick the lower (right-hand) box for these
- ▶ This value is not important to me – leave these unmarked

Wisdom	Patience	Order	Mindfulness	Independence
Humility	Flexibility	Gratitude	Safety	Forgiveness
Spirituality	Responsibility	Power	Challenge	Encouragement
Adventure	Intimacy	Pleasure	Romance	Connection
Curiosity	Loyalty	Beauty	Skillfulness	Sexuality
Self-control	Self-development	Self-care	Self-awareness	Supportiveness
Respect	Reciprocity	Open mindedness	Fun	Contribution
Thoughtfulness	Tolerance	Assertiveness	Caring	Authenticity
Cooperation	Conformity	Compassion	Equality	Creativity
Excitement	Fairness	Fitness	Freedom	Friendliness
Generosity	Honesty	Justice	Courage	Humour
Sensuality	Love	Knowledge	Kindness	