

VALUES EXERCISE

Identifying our values may take some time. Here we have provided some inspo and invite you to take a step back and ask yourself: What kind of person do I want to be? Your values aren't just words—they shape your decisions, your actions, and the way you show up in the world.

Values are different from goals. Goals are things you achieve; values are the principles that guide you, no matter the outcome. To get clear on your core values, reflect on moments when life feels especially fulfilling. What qualities were you embodying? Think about the people you admire—what values do they live by that resonate with you?

Below is a list of core values. It's not exhaustive, but it's a starting point. Find some quiet time and pick three to five that truly define you. This is the first step towards recognising when you are on the path that feels right for you.

Authenticity	Achievement	Adventure	Autonomy	Balance	Boldness
Compassion	Challenge	Citizenship	Community	Competency	Contribution
Creativity	Curiosity	Determination	Fairness	Faith	Friendship
Fun	Growth	Happiness	Honesty	Humour	Influence
Inner Harmony	Justice	Kindness	Knowledge	Leadership	Learning
Love	Loyalty	Meaningful Work	Openness	Optimism	Peace
Pleasure	Poise	Recognition	Reputation	Respect	Responsibility
Security	Self-respect	Service	Spirituality	Stability	Success
Trustworthiness	Wisdom	Wealth			

