

Our values can help us understand what motivates our attitude and actions in life. It could be said that our values define us, they are what WE perceive to be important. Each of us have a different set of values and therefore different principles, standards, prioritisations and perspectives on life.

Before our first session:-

Without over thinking it, I invite you to circle or write down the values listed below that jump out and resonate with you straight away. You can have as many as you like. We will dive into this a bit more in our first session.

Have fun with this.
Sarah x

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|----------------|----------------|--------------|---------------|---------------------|----------------|
| Humour | Connection | Orderliness | Control | Patriotic | Generous |
| Participation | Fun | Integrity | Determination | Making a difference | Hard work |
| Honesty | Acknowledgment | Creativity | Tradition | Thoughtful | Health |
| Performance | Focus | Independence | Peace | Open | Happiness |
| Partnership | Comradeship | Nurturing | Respect | Tolerant | Intellectual |
| Collaboration | Romance | Accuracy | Justice | Self-Expression | Intuition |
| Productivity | Lightness | Joy | Growth | Novelty | Humility |
| Community | Recognition | Adventure | Vitality | Safety | Team player |
| Service | Spirituality | Beauty | Artistic | Security | Equality |
| Personal Power | Harmony | Authenticity | Trust | Excitement | Intimacy |
| Contribution | Empowerment | Zest | Fame | Change | Structure |
| Freedom | Accomplishment | Risk Taking | Success | Curiosity | Accountability |
| Excellence | | | Love | Learning | Adventurous |
| | | | Fairness | Personal Growth | Ambitious |
| | | | Being active | Kindness | Balance |
| | | | | Acceptance | Calmness |
| | | | | Assertiveness | Challenge |
| | | | | Self-Care | Enthusiastic |
| | | | | Compassion | Perfection |
| | | | | | Reliability |
| | | | | | Competitive |
| | | | | | Consistent |

