

Our personality is made up of a number of factors and it can explain why some things we do feel automatic, unconscious, and instinctive. It's worth understanding our personality so that we can manage our stress, set and achieve goals and live our lives in a way that is comfortable and positive for us.

Values

Values are defining principles that can be unique to us. We may share values with others but the importance or relevance of them can differ by person.

Values help us make decisions, define priorities and measure how our lives are working out for us.

When our values are aligned, we feel happy and content, when they are not, we can feel irritable, unhappy, and anxious.

This is why knowing our values is really important.

Below is a list of common values, it's not exhaustive so if you don't see the right one for you here please add your own.

Accountability	Diversity	Intuition	Respect
Achievement	Environment	Job security	Responsibility
Adventure	Equality	Joy	Risk taking
Altruism	Ethics	Justice	Safety
Ambition	Excellence	Kindness	Security
Authenticity	Fairness	Knowledge	Self-discipline
Balance	Faith	Leadership	Self-respect
Beauty	Family	Learning	Serenity
Belongings	Financial Stability	Leisure	Service
Career	Forgiveness	Love	Simplicity
Caring	Freedom	Loyalty	Spirituality
Commitment	Friendship	Making a difference	Sportsmanship
Community	Fun	Nature	Success
Compassion	Generosity	Optimism	Teamwork
Competence	Giving back	Order	Time
Confidence	Gratitude	Parenting	Tradition
Connection	Growth	Patience	Travel
Contribution	Harmony	Peace	Trust
Cooperation	Health	Personal fulfilment	Understanding
Courage	Honesty	Power	Vulnerability
Creativity	Hope	Pride	Wealth
Curiosity	Inclusion	Recognition	Well-being
Dignity	Integrity	Reliability	Wisdom

My Top 3 values are;

It is worth exploring your values a little further so you can get really clear on what they mean for you. This will also help you articulate yourself with others.

I will demonstrate an example of one of my top values – Integrity

I will do as I say I will, and I expect others to do the same. In order for me to live with integrity I will be clear about what I will and won't do or commit to.

I can be relied upon to follow through on promises, to keep confidences and to deliver to the best of my ability.

I will feel at peace with myself because I live my life in a way that is comfortable to me.

If there are occasions where, for good reason, I do something I wouldn't normally want to do, I will balance my feelings with the satisfaction of an appropriate compromise.

Have a go at exploring your values here, it may be worth talking this through with someone else to gain further clarity and to hear how comfortable you feel with what you have written

Value :

Value:

Value:

As mentioned earlier, our values can play a big part of how we feel. Now you are clearer on what your values are, reflect on when, where and with you your values are met and challenged. You can tell when your values are challenged by the discomfort you may feel but can't quite explain.

Value	When, where, who I am with when this value is met	When, where, who I am with when this value is challenged

When you are aware that your values are challenged, you feel uncomfortable in certain circumstances, you can start taking action to manage the situation. For the times you are challenged ask yourself;

- ✿ What can I do to make this situation more comfortable?
- ✿ How can I express my values in a way I feel confident?
- ✿ What could I stop, start or continue doing?

How would you describe yourself?

This can be interesting to complete alone and then shared with a friend, do they see you in the same way?

	Not like me	Somewhat like me	A lot like me	How I'd like to be
Calm				
Relaxed				
Sociable				
Helpful				
Stressed				
Anxious				
Irritable				
Moody				
Happy				
Fulfilled				
Friendly				
Reserved				
Loving				
Busy				
Talkative				
Argumentative				
Emotional				
Attentive				
Loud				
Organised				
Patient				
Clever				
Smart				
Astute				
Caring				
Assertive				
Thoughtful				
Inspiring				
Brave				
Tolerant				
Kind				
Shy				

This list may bring up things you like about yourself and things you don't. Be kind to yourself, all of these things are changeable, if that is what you want. Who you are right now, is who you are meant to be right now.

'The most important kind of freedom is to be who you really are...' – Jim Morrison