Some Common Values *(Not 'the right ones' – just common ones.)*

Values are your heart's deepest desires for how you want to behave; the qualities you want to bring to your ongoing behaviour. They are not about what you want to get, have, achieve or complete. They describe how you want to behave right now, and on an ongoing basis; how you want to treat anyone or anything you interact with (including yourself); the qualities you want to embody in your own actions (and often want to encourage in others).

Below are some common values. Note: there are no such things as 'right values' or 'wrong values'. It's like our taste in ice cream. If you prefer chocolate but I prefer vanilla, that doesn't mean that my taste in ice cream is right and yours is wrong – or vice-versa. It simply means we have different tastes. Similarly, we may have different values. Please read through the list and for each column, tick 3 to 5 of the MOST IMPORTANT VALUES that you would like to bring more consciously into the way you behave. Probably many of these values are important to you - the aim is to just pick 3 to 5 of the MOST IMPORTANT for this domain of life that *at this point in time*. (It may change later).

WORK/EDUCATION I want to behave in ways that are:	**RELATIONSHIPS** I want to behave in ways that are:	**PLAY** I want to behave in ways that are:	**HEALTH** I want to behave in ways that are:
Accepting	Accepting	Accepting	Accepting
Adventurous	Adventurous	Adventurous	Adventurous
Assertive	Assertive	Authentic	Authentic
Authentic	Authentic	Assertive	Assertive
Caring	Caring	Caring	Caring
Committed	Committed	Committed	Committed
Compassionate	Compassionate	Compassionate	Compassionate
Cooperative	Cooperative	Cooperative	Cooperative
Courageous	Courageous	Courageous	Courageous
Creative	Creative	Creative	Creative
Curious	Curious	Curious	Curious
Efficient	Efficient	Efficient	Efficient
Empathic	Empathic	Empathic	Empathic
Engaged	Engaged	Engaged	Engaged
Fair	Fair	Fair	Fair
Friendly	Friendly	Friendly	Friendly
Forgiving	Forgiving	Forgiving	Forgiving
Fun-loving/humorous	Fun-loving/humorous	Fun-loving/humorous	Fun-loving/humorous
Generous	Generous	Generous	Generous
Genuine	Genuine	Genuine	Genuine
Grateful	Grateful	Grateful	Grateful
Helpful	Helpful	Helpful	Helpful
Honest	Honest	Honest	Honest
Kind	Kind	Kind	Kind
Loving	Loving	Loving	Loving
Mindful	Mindful	Mindful	Mindful
Open	Open	Open	Open
Playful	Playful	Playful	Playful
Reliable	Reliable	Reliable	Reliable
Respectful	Respectful	Respectful	Respectful
Responsible	Responsible	Responsible	Responsible
Self-caring	Self-caring	Self-caring	Self-caring
Sincere	Sincere	Sincere	Sincere
Supportive	Supportive	Supportive	Supportive
Trusting	Trusting	Trusting	Trusting
Trustworthy	Trustworthy	Trustworthy	Trustworthy
Other?	Other?	Other?	Other?
Other?	Other?	Other?	Other?

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