

## Some ideas about values

If you are unsure about values, here is a list of values that other people have said matter to them. Some of these are roles, and some are qualities or just ideas. You can take these ideas and make them your own. You can combine different ones, for instance, connecting with others to protect the planet. Some will resonate with you and others won't, that's OK, they are just here for inspiration. Make a note of any that jump out at you, and use them to give you some ideas for the Values Compass Worksheet.

1. Being curious
2. Being adventurous
3. Standing up for what's right
4. Accepting yourself
5. Being kind to other people
6. Protecting the planet
7. Being a loving partner / spouse / civil partner
8. Respecting other people
9. Speaking your truth
10. Promoting peace
11. Helping other people
12. Connecting to others
13. Being fun loving
14. Seeking wisdom
15. Learning new things
16. Embracing the moment
17. Connecting to nature
18. Looking after your body
19. Being grateful
20. Creating things
21. Celebrating diversity
22. Trusting others
23. Belonging to a group
24. Finding yourself
25. Realising your potential
26. Being independent
27. Following your dreams
28. Giving and receiving love
29. Being seen or heard
30. Pursuing mastery or excellence in something (sport, music, art, science, writing, maths)
31. Being a stable and safe, reliable parent
32. Pursuing a craft
33. Your relationship with the spiritual
34. Celebrating your quirkiness
35. Appreciating the everyday
36. Looking after your health
37. Passing on your knowledge to a new generation
38. Being kind to animals and plants
39. Pursuing inner peace
40. Making a difference
41. Treating yourself with compassion