

Your

Personal Values



Personal values are the things that are important to you, the characteristics and behaviours that motivate you and guide your decisions. Values matter because you are likely to feel better if you are living according to your values. And are likely to feel worse if you do not. This applies both to day-to-day decisions and to larger life choices.

Everybody's values are different. What makes one person happy, may leave another person feeling anxious or disengaged. Defining your personal values and then living by them, can help you to feel more fulfilled. They help you make choices that make you happy, even if they do not make sense to other people.

- Abundance
- Acceptance
- Accountability
- Achievement
- Adventure
- Advocacy
- Ambition
- Appreciation
- Authenticity
- Autonomy
- Balance
- Beauty
- Benevolence
- Boldness
- Calmness
- Caring
- Challenge
- Charity
- Cheerfulness
- Cleverness
- Community
- Commitment
- Compassion
- Collaboration
- Communication
- Compassion
- Cooperation
- Contribution
- Creativity
- Credibility
- Curiosity
- Daring
- Decisiveness
- Dedication
- Dependability
- Diversity
- Empathy
- Encouragement
- Enthusiasm
- Ethics
- Excellence
- Expertise

- Fairness
- Family
- Fitness
- Flexibility
- Friendship
- Freedom
- Fun
- Generosity
- Grace
- Gratitude
- Growth
- Happiness
- Health
- Honesty
- Humility
- Humour
- Independence
- Individuality
- Innovation
- Inspiration
- Intelligence
- Integrity
- Intuition
- Kindness
- Knowledge
- Leadership
- Learning
- Love
- Loyalty
- Meaning
- Mindfulness
- Motivation
- Openness
- Optimism
- Originality
- Passion
- Peace
- Performance
- Personal Development
- Playfulness
- Popularity
- Power
- Professionalism Quality
- Recognition
- Relationship
- Reliability
- Religion
- Resilience
- Respect
- Resourcefulness
- Responsibility
- Risk-taking
- Safety security
- Selflessness
- Service
- Simplicity
- Spirituality
- Stability
- Success
- Teamwork
- Trustworthiness
- Understanding
- Uniqueness
- Usefulness
- Versatility
- Warmth wealth
- Well-being
- Wisdom
- Zeal
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