



Values Toolkit



➤ This toolkit is to help you to understand your values and how you can try to live by them. Put a tick next to any values that are important to you and use the empty spaces to include any values which are not listed

Adventure		Empathy		Independence		Recognition	
Authenticity		Fairness		Kindness		Religion	
Balance		Faith		Knowledge		Respect	
Courage		Friendships		Learning		Responsibility	
Community		Fun		Love		Self-Respect	
Compassion		Growth		Loyalty		Service	
Creativity		Happiness		Openness		Stability	
Curiosity		Honesty		Optimism		Trustworthiness	
Determination		Humour		Peace		Wisdom	

➤ Choose your top 4 values – what could you do in your day-to-day life to live by each of those values?

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