

Getselfhelp VALUES CARDS

Use the Getselfhelp Values Cards to help identify your Values. A Value is a chosen life direction that guides us throughout our life. A Value might be our passion or what we would like to be remembered for. Our Values give us meaning and purpose.

Once we have identified what our Values are, we can take committed action to set goals and work towards those Values, helping us lead a more purposeful and enriching life. Knowing our Values also helps us make wise choices even when distressed or in danger.

There are 52 word cards and 4 blank cards for you to add your own words.

Use the Values Cards for yourself or with others.



How to use the Values Cards

Go through the cards and put them into 3 piles:

- Important
- Not so important
- Not at all important

Take the "important" pile and lay them out face up.

The aim here is to reduce them to the 2, 3 or 4 MOST important. These are likely to be your Life Values.

You might merge some of the cards as they are very similar or are closely related.

Once you have identified your Life Values, consider the Value card and ask yourself e.g. "In what way...?" or "What is it about this...?" For example, if you have chosen "Environment" – ask yourself what is it about the environment that is important to you. Enjoying? Photographing? Conserving? Protecting? How do you do that?

Some cards may, for you, fit together e.g. "Protecting" and "Environment".

You can change the name of the Life Value to best fit your own life – choose your own words. E.g. "Conservation", "Keeping the woods clean" or "Gardening".

Identify goals or steps to help you move towards your chosen Life Value, your life direction, to create a more purposeful and enriching life and help you make wise choices.

Honesty

Compassion

Loyalty

Connecting

Appreciating

Calming

Understanding

Creating

Achieving

Learning

Seeking

Experiencing

Teaching

Leading

Belonging

Composing

Inventing

Developing

Pleasure

Justice

Safety

Love

Helping

Caring

Enjoying

Travelling

Tolerating

Imagining

Interacting

Giving

Protecting

Accepting

Faith

Music

Family

Friends

Work

Education

Health

People

Animals

Environment

Myself

Nature

Community

Freedom

Succeeding

Improving

Serving

Respect

Entertaining

Home