

VALUES

For use when undertaking the Values Exercise:

1. **Accepting:** open to, allowing of, or at peace with myself, others life, my feelings, etc.
2. **Adventurous:** willing to create or pursue novel, risky or exciting experiences.
3. **Assertive:** calmly, fairly and respectfully standing up for my rights, asking for what I want and declining unreasonable requests.
4. **Authentic:** being genuine, real and true to myself
5. **Caring/self-caring:** actively taking care of myself, others, the environment, etc.
6. **Compassionate/self-compassionate:** responding kindly to myself or others in pain.
7. **Cooperative:** willing to assist and work with others.
8. **Courageous:** being brave or bold; persisting in the face of fear, threat or risk.
9. **Creative:** being imaginative, inventive or innovative.
10. **Curious:** being open-minded, and interested; willing to explore and discover.
11. **Encouraging:** supporting, inspiring and rewarding behaviour I approve of.
12. **Expressive:** conveying my thoughts and feelings through what I say and do.
13. **Focused:** focused on and engaged in what I am doing.
14. **Fair/just:** acting with fairness and justice – towards myself and others
15. **Flexible:** willing and able to adjust and adapt to changing circumstances.
16. **Friendly:** warm, open, caring and agreeable towards others.
17. **Forgiving:** letting go of resentments and grudges towards myself or others.
18. **Grateful:** being appreciative for what I have received.
19. **Helpful:** giving, helping, contributing, assisting or sharing.
20. **Honest:** being honest, truthful and sincere – with myself and others.
21. **Independent:** choosing for myself how I live and what I do.
22. **Industrious:** being diligent, hardworking, dedicated.
23. **Kind:** being considerate, helpful or caring – to myself or others.
24. **Loving:** showing love, affection, or great care – to myself or others.
25. **Mindful/present:** fully present and engaging in whatever I'm doing.
26. **Open:** revealing myself, letting people know my thoughts and feelings.
27. **Orderly:** being neat and organised.
28. **Persistent/committed:** willing to continue, despite problems or difficulties.
29. **Playful:** being humorous, fun-loving, light-hearted.
30. **Protective:** looking after the safety and security of myself or others.
31. **Respectful/self-respectful:** treating myself or others with care and consideration.
32. **Responsible:** being trustworthy, reliable and accountable for my actions.
33. **Skilful:** doing things well, utilising my knowledge, experience and training.
34. **Supportive:** being helpful, encouraging and available – to myself or others.
35. **Trustworthy:** being loyal, honest, faithful, sincere, responsible and reliable.
36. **Trusting:** willing to believe in the honesty, sincerity, reliability or competence of another.
37. **Other:** choose your own.
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Ref: The Happiness Trap by Russ Harris



Amanda Wallis Coaching
WELLNESS / LIFE / HR SUPPORT
| P. 021 042 0707 | E. ajwallis@outlook.co.nz
| W. amandawalliscoaching.co.nz

