Personal Guidance

Personal Values: what one values or desires

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0.1

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## Purpose

To provide tools to clarify a Person’s understanding of of their personal Values to inform their decisions to collaborate with others to reach mutually acceptable outcomes.

## Synopsis

Values are a person’s belief about what’s important and what matters to them.

A person may lose sight of heir values and live in a manner that is inconsistent with them.

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## Background

Values are what you believe are important to you. Values are concepts external to you that you value/desire.

They are not the same as Qualities that you have -- you may not be living in accordance with your Values.

### Values

The following is a list of common Values that could be what you value most.

Achievement

Adventure

Beauty

Calmness

Creativity

Fairness

Family

Freedom

Free Time

Friends

Fun

Honesty

Humour

Independence

Love

Loyalty

Knowledge

Morals

Nature

Peace

Popularity

Power

Reason

Respect

Recognition

Relaxation

Responsibility

Safety

Spirituality

Stability

Success

Variety

Wealth

Wisdom

Appendices

Appendix A - Document Information

### Versions

* 1. Initial Draft

### Images

[Figure 1: TODO Image 2](#_Toc144995112)

### Tables

[Table 1: TODO Table 3](#_Toc145048484)

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### References

* [Values Clarification | Worksheet | Therapist Aid](https://www.therapistaid.com/therapy-worksheet/values-clarification?ref=nothingeasyaboutthis.com)

**There are no sources in the current document.**

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### Audience

The document is technical in nature, but parts are expected to be read and/or validated by a non-technical audience.

### Structure

Where possible, the document structure is guided by either ISO-\* standards or best practice.

### Diagrams

Diagrams are developed for a wide audience. Unless specifically for a technical audience, where the use of industry standard diagram types (ArchiMate, UML, C4), is appropriate, diagrams are developed as simple “box & line” monochrome diagrams.

### Terms

Refer to the project’s Glossary.

##### IT

: acronym for Information, using Technology to automate and facilitate its management.

##### ICT

: acronym for Information & Communication Technology, the domain of defining Information elements and using technology to automate their communication between entities. IT is a subset of ICT.