

# Life Values

What are the values important in your life?



## Values

Values are what you consider important to the life you want to live. They are based upon your **core beliefs** – things that matter to you and are important truths in how you want to live your life.

## Core beliefs

Core beliefs are basic beliefs about ourselves, other people, and the world we live in. They are things we hold to be **absolute truths** deep down, **underneath** all our “**surface**” thoughts. Essentially, core beliefs determine how you **perceive** and **interpret** the world

## A. Discuss these questions

1. In terms of your own sense of values, what do you want to be remembered for?
2. What qualities do you admire in others and work to create in yourself?

**Consider this list of values. Put them in your priority order. Discuss in groups.**

- a. **Courage** – doing what you know should be done, despite any fear
- b. **Kindness** – treating people as you would like to be treated
- c. **Patience** – putting yourself in another's shoes, seeing things from their view
- d. **Integrity** – what you believe is clear by what you say and do
- e. **Gratitude / Appreciation** – showing appreciation of another in words/actions
- f. **Forgiveness** – letting go of anger and resentment towards others who hurt you
- g. **Love** – sees the good in everyone
- h. **Growth** – you look for opportunities for growth as a person and to help others grow
- i. **Listening** – you value others' input and learn to see things from their perspective
- j. **Respect** - priority to treat all humans with equal respect — regardless of their age, income, or background

## B. Quotes & Phrases related to Life Values

- ❖ "Tell me what you pay attention to and I will tell you who you are."
- ❖ You are what you think
- ❖ "It's not hard to make decisions when you know what your values are."
- ❖ Never compromise your values, and never apologise for how you feel.

## C. Homework (Never compulsory but good to do for your practice)

1. **Consider your values. Are you being true to yourself? What are the common values with your adult family and friends?**

**(You may want to leave a recorded message on WhatsApp of your thoughts)**