

## VALUES

1. Choose the five words that matter most to you

<i>Stability</i>	<i>Opportunity</i>
<i>Trust</i>	<i>Money</i>
<i>Friendship</i>	<i>Sex</i>
<i>Beauty</i>	<i>Success</i>
<i>Self-development</i>	<i>Joy</i>
<i>Teamwork</i>	<i>Possessions</i>
<i>Empowerment</i>	<i>Peace</i>
<i>Fair play</i>	<i>Laughter</i>
<i>Courage</i>	<i>Passion</i>
<i>Risk-taking</i>	<i>Harmony</i>
<i>Loyalty</i>	<i>Contentment</i>
<i>Compromise</i>	<i>Serenity</i>
<i>Tradition</i>	<i>Justice</i>
<i>Religion</i>	<i>Self-expression</i>
<i>Faith</i>	<i>Honour</i>
<i>Spirituality</i>	<i>Pride</i>
<i>Patriotism</i>	<i>Creativity</i>
<i>Nation</i>	<i>Integrity</i>
<i>Happiness</i>	<i>Self-respect</i>
<i>Compassion</i>	<i>Grace</i>
<i>Empathy</i>	<i>Love</i>
<i>Family</i>	<i>Honesty</i>
<i>Fidelity</i>	<i>Security</i>
<i>Health</i>	<i>Wisdom</i>

2. Now reduce the five words to three

3. Reduce the three to one

Which is your most important value? How are you expressing your most important values in your life at the moment? Are there any values missing from that list which are important to you? If so, what are they?