

Wellbeing resources

Living by your values



Who we are, what we value and stand for is important.

Your values can shape the choices you make.

Trauma can knock you off course

- Childhood trauma and abuse can take you away from the kind of life you want to live.
- Trauma can catch you off guard, can take all your energy.
- Often it takes everything you have just to survive.

Having a clear idea of your values can help you when life gets tough

What are 'values'?

As you grow up you collect different values.

You often don't know where those values have come from; they just have always been there.



What are your values?

When you name your values, you set a guide to live by.

Here are some examples of circumstances and the values you might hold:

Family

- **Fairness** – to be fair to yourself and others.
- **Respect** – to be respectful towards yourself and others, to be polite and considerate of others.

Relationships

- **Honesty** – to be honest, truthful and sincere with yourself and others.

- **Love** – to act lovingly towards yourself and others.
- **Trust** – to be trustworthy, to be loyal, faithful, sincere and reliable.

Parenting

- **Compassion** – to act with kindness towards yourself and others.
- **Encouragement** – to encourage and reward behaviours that you value in yourself and others.

Friendships

- **Generosity** – to be generous, sharing and giving to yourself and others.
- **Humour** – to see and appreciate the humorous or funny side of life.
- **Supportiveness** – to be supportive, helpful, encouraging and available to yourself and others.

Learning/study

- **Challenge** – to keep challenging yourself to grow, learn and improve.
- **Creativity** – to be creative and innovative.
- **Curiosity** – to be curious, open-minded and interested, to explore and discover.

Work

- **Cooperation** – to be cooperative and collaborative with others.
- **Industry** – to be hard-working and dedicated.
- **Responsibility** – to be accountable for your actions.

Spirituality

- **Beauty** – to create and nurture beauty in yourself, others and in nature.
- **Humility** – to be humble and modest, let your achievements speak for themselves.
- **Spirituality** – to connect with things bigger than yourself.

Community

- **Contribution** – to help and to make a positive difference to yourself and others.
- **Equality** – to treat others as equal to yourself and vice-versa.
- **Kindness** – to be kind and compassionate, caring and nurturing to yourself and others.



Living your values

Once you have a list of your values put actions or things you can do to move towards those values. For example, under community – a value might be contribution, and an action might be helping with an outreach program serving meals to homeless people.