



## Values: the fuel of wellbeing & productivity

Values are always there to guide and stabilise but can be easily lost or drowned out in the noise the World today. I know from my own journey that the hardest of challenges and most stressful or worrying moments can be turned down and navigated by tuning back into base camp! By that I mean, my values. Values vary and fluctuate at different ages and contexts we find ourselves in. This tool can be referred to from classroom to boardroom and on the sofa in your socks in front of Bake Off!

1. Select your top 10 values from the list. The top 10 right now.
2. Group them in 2 lists, important and MORE important.
3. Select the top 3 from the MOST important list.
4. Write them on a postcard, stick them on your fridge. Put the card in your diary. Wherever will be a good place for you.
5. In times of anxiety, change or challenge take time to breathe, slow down your busy mind and focus on your TOP 3.
6. Keeping the TOP 3 in mind will ALWAYS guide your decisions and direction. It won't be without conflict, turbulence and questions but your fuel tank will be re-filled on a regular basis and your mental resilience and wellbeing strengthened again and again and again.
7. If you would like more information on how values drive your satisfaction, productivity and security, please be in touch anytime.

ACCEPTANCE	RESPECT	KINDNESS	FAITH	BEAUTY
ATTENTIVENESS	TOLERANCE	ORGANISATION	FREEDOM	LOVE
BELONGING	WISDOM	OPENNESS	GRATITUDE	CITIZENSHIP
COMPASSION	ADVENTURE	POWER	HUMILITY	CONNECTION
CREAIVITY	AUTHENTICITY	RESPONSIBILITY	INTEGRITY	COURAGE
DEVOTION	CARING	STABILITY	LOYALTY	EFFORT
EXPRESSION	COMMUNITY	TRUST	ORDER	EXPERIENCE
FLEXIBILITY	CURIOSITY	WONDER	PERSISTENCE	FRIENDSHIP
FUN	EQUALITY	AWARENESS	PRODUCTIVITY	HUMOUR
HONESTY	FAIRNESS	CHALLENGE	RISK	WELLBEING
JUSTICE	FORGIVENESS	CONFORMING	SUPPORTIVENESS	SECURITY
NURTURING	GENEROSITY	COOPERATION	UNDERSTANDING	RELIABILITY
PATIENCE	HONOUR	DIVERSITY	ASSERTIVENESS	SPIRITUALITY

PLEASE NOTE THIS LIST REPRESENTS A SAMPLE OF HUMAN VALUES ONLY.