



AW facilitator resource kit.

PERSONAL VALUES

purpose.

Identifying our core personal values can enable us to develop a deeper understanding of why we behave in a particular way, why we react emotionally in particular situations and how we choose to show up in this world.

values.

Values are stable, long-standing beliefs that a person holds as important in their life. We can categorise our values into different areas of our life, for example, family, school, friendships, etc. It is important to identify our core values and how they affect our choices in life. When our actions are aligned with our values, we are usually more satisfied and content with life. However, when our behaviour is not aligned with our values (either by choice or the influence of other factors) then we can start to feel discontent, unhappy, and unbalanced in life. Understanding our core values can help us make decisions and set goals that will enable us to lead happy and fulfilling lives.

equipment.

- Laminated values list x5 pr group (see below)
- Pencils
- Paper

step one.

PRIME the group with a game of [Poker Face](#).

Debrief this activity with the group.

step two.

What do you remember about values from the last time we were here?
Defining values

- What comes to mind when we say the word 'VALUES'?
- Can you give an example of a value?
- Why are values important in life?

step three.

Whilst the group is still seated in a circle, share out the personal values list and a pencil.



- Ask them to read through this list and identify some words that feel important to them personally – words that may align with their own beliefs and values.

step four.

- Pair share, in partners share the values that stood out to you and why

step five.

- Prioritize your top values:
This step is probably the most difficult, because you'll have to look deep inside yourself. It's also the most important step, because, when making a decision, you'll have to choose between solutions that may satisfy different values. This is when you must know which value is more important to you.
- Write down your top values, not in any particular order.
- You're going to work your way down your list comparing your values until you determine your top 3.
Look at the first two values and ask yourself, "If I could satisfy only one of these, which would I choose?" It might help to visualize a situation in which you would have to make that choice. For example, if you compare the values of fun and humour, imagine that you must decide whether to have fun with your friends or provoke laughter and amusement at the expense of others. Another example of comparing service and stability, do you sell your house and move to another country to do valuable foreign aid work, or keep your house and volunteer to do charity work closer to home.
- Keep working through the list, by comparing each value with each other value, until you have determined your top 3 values.

step six.

- Have the group share some of their values and why they are important to them and how do you demonstrate them?

group values.

- Compile everyone's values into one list and determine the top 3 values of the group for today. Note them down to refer back to through the challenges of the day.

Key Points.

Identifying and understanding your values is a challenging and important exercise. Your personal values are a central part of who you are – and who you want to be. By becoming more aware of these important factors in your life, you can use them as a guide to make the best choice in any situation.

Some of life's decisions are really about determining what you value most. When many options seem reasonable, it's helpful and comforting to rely on your values – and use them as a strong guiding force to point you in the right direction.

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success looks like.

- ✓ Participants actively engage in the activity
- ✓ Participants can identify what a value is and why values are important.
- ✓ Participants can identify their own top 3 values.
- ✓ The group is well set up to identify their values and how they want to work together as a group



Values List

- Authenticity
- Achievement
- Adventure
- Authority
- Autonomy
- Balance
- Beauty
- Boldness
- Compassion
- Challenge
- Citizenship
- Community
- Competency
- Contribution
- Creativity
- Curiosity
- Determination
- Fairness
- Faith
- Fame
- Friendships
- Fun
- Growth
- Happiness
- Honesty
- Humour
- Influence
- Inner Harmony
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Love
- Loyalty
- Meaningful Work
- Openness
- Optimism
- Peace
- Pleasure
- Poise
- Popularity
- Recognition
- Religion
- Reputation
- Respect
- Responsibility
- Security
- Self-Respect
- Service
- Spirituality
- Stability
- Success
- Status
- Trustworthiness
- Wealth
- Wisdom