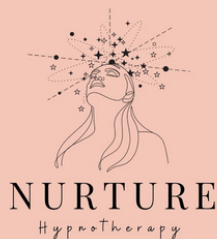




My Values

Here we are connecting with ourselves authentically. Often as HSP's we become chameleons and forget who we are. Mark each value as V (very important), Q (quite important) and N (not so important). The key is to remember that there are no wrong or right answers, it is individual preference.

1. Acceptance: to be open to myself & others
2. Adventure: to actively seek/create new experiences
3. Assertiveness: to respectfully stand up for my rights and express my needs
4. Authenticity: to be true to myself
5. Beauty: to appreciate/nurture beauty in myself, others or the environment
6. Caring: to be caring to myself, others or the environment
7. Challenge: continue to grow or learn
8. Compassion - act with kindness to those who are suffering
9. Connection: be fully present with others, engage in what I am doing
10. Contribution: make a positive difference to myself or others
11. Conformity: obedient of rules or obligations
12. Cooperation: collaborative with others
13. Courage: to persist in face of challenge, threat, fear
14. Creative: to be creative or innovative
15. Curious: open minded, interested, explore and discover
16. Encouraging: to encourage / reward behaviour I value in myself or others
17. Equality: treat others as an equal and to be treated so
18. Excitement: to seek, engage in activities that are stimulating, thrilling
19. Fairness; to be fair to myself or others
20. Fitness; improve or maintain my fitness, look after my physical wellbeing
21. Flexibility; to adjust and adapt readily to changing circumstances
22. Freedom; to live freely, choose how I live or help others to do the same



Values continued

23. Friendliness; to be friendly / agreeable to others
24. Forgiveness; forgiving to myself or others
25. Fun: seek/ create / engage in fun-filled activities
26. Generosity: to be sharing and giving to myself or others
27. Gratitude: appreciative / grateful of positive aspects of life
28. Honesty: truthful and sincere to myself and others
29. Humour: see and appreciate the humorous aspect of life
30. Humility: let my achievements speak for themselves
31. Industry: hardworking, dedicated
32. Independence: self-reliant
33. Intimacy: share myself emotionally / physically in close relationships
34. Justice: to uphold justice and fairness
35. Kindness: to be compassionate / nurturing to myself / others
36. Love; act affectionately to myself or others
37. Mindfulness: conscious of and open to my here and now
38. Order: to be organised
39. Open-mindedness: weigh evidence, appreciate others' opinion
40. Patience: ability to wait calmly
41. Persistence: continue resolutely despite difficulties
42. Pleasure: create and give pleasure to myself / others
43. Power: taking charge, leading, organising
44. Reciprocity: fair balance of giving and taking
45. Respect: polite / considerate / show regard to myself / others
46. Responsible: accountable for my actions
47. Romantic: display and express love/affection
48. Safety: secure / protect / ensure safety of myself / others
49. Self-aware: be aware of own thoughts / actions / feelings
50. Self-care: look after my wellbeing, get my needs met



Values continued

- 51. self-development: keep growing my character / skills
- 52. Self-control: act in accordance with my ideals
- 53. Sensuality: create / explore / enjoy experiences that stimulate the senses
- 54. Sexuality: to express my sexuality
- 55. Spirituality: to connect with bigger things than myself
- 56. Skilfulness: continually improve my skills and apply myself fully using them
- 57. Supportiveness: be helpful / encouraging to myself / others
- 58. Trust: to be trustworthy / loyal / faithful / secure / reliable.
- 59. Any other values that you can think of that are important.

Once you have marked all of the values with a letter, pick out 3-5 of those marked with a 'V' and try to think of ways you can live your life in accordance with these values at this point in time i.e things you can say, ways you can behave, how you can be guided.
