

With

Living Our Values

“A value is a way of being or believing that we hold most important. Clarity of values is an essential support, a North Star in times of darkness... **we only have one set of values... we don't have personal and professional values.**” – Brené Brown

Which **3 values** would you pick, if you could only pick 3? (add your own if needed)

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|-------------------|-------------------------|-------------------------|------------------------|
| 1. Achievement | 31. Ethics | 61. Justice | 91. Security |
| 2. Adaptability | 32. Excellence | 62. Kindness | 92. Seeing the best |
| 3. Adventure | 33. Fairness | 63. Knowledge | 93. Self-discipline |
| 4. Altruism | 34. Faith | 64. Leadership | 94. Self-expression |
| 5. Ambition | 35. Family | 65. Learning | 95. Self-respect |
| 6. Authenticity | 36. Financial stability | 66. Legacy | 96. Serenity |
| 7. Balance | 37. Forgiveness | 67. Leisure | 97. Simplicity |
| 8. Beauty | 38. Freedom | 68. Love | 98. Spirituality |
| 9. Being the best | 39. Friendship | 69. Loyalty | 99. Sportsmanship |
| 10. Belonging | 40. Fun | 70. Making a difference | 100. Stewardship |
| 11. Career | 41. Future generations | 71. Nature | 101. Success |
| 12. Caring | 42. Generosity | 72. Openness | 102. Teamwork |
| 13. Collaboration | 43. Giving back | 73. Optimism | 103. Thrift |
| 14. Commitment | 44. Grace | 74. Order | 104. Time |
| 15. Community | 45. Gratitude | 75. Parenting | 105. Tradition |
| 16. Compassion | 46. Growth | 76. Partnership | 106. Travel |
| 17. Competence | 47. Harmony | 77. Patience | 107. Trust |
| 18. Confidence | 48. Health | 78. Peace | 108. Truth |
| 19. Connection | 49. Home | 79. Perseverance | 109. Understanding |
| 20. Contentment | 50. Honesty | 80. Personal fulfilment | 110. Uniqueness |
| 21. Contribution | 51. Hope | 81. Power | 111. Usefulness |
| 22. Cooperation | 52. Humility | 82. Pride | 112. Vision |
| 23. Courage | 53. Humour | 83. Purpose | 113. Vulnerability |
| 24. Creativity | 54. Inclusion | 84. Recognition | 114. Wealth |
| 25. Curiosity | 55. Independence | 85. Reliability | 115. Well-being |
| 26. Dignity | 56. Initiative | 86. Resourcefulness | 116. Whole-heartedness |
| 27. Diversity | 57. Integrity | 87. Respect | 117. Wisdom |
| 28. Environment | 58. Intuition | 88. Responsibility | |
| 29. Efficiency | 59. Job security | 89. Risk taking | |
| 30. Equality | 60. Joy | 90. Safety | |

Activity - Living Our Values | How do these values show up as behaviours? e.g. *I value **community**, so I host regular gatherings.*
