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)

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

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

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