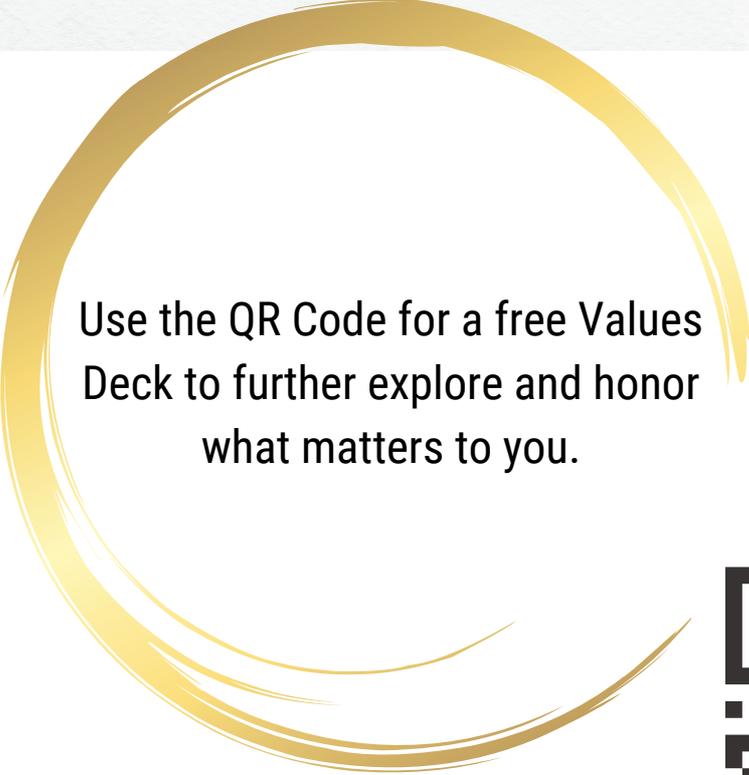


What matters to you... matters.

With deeper awareness, comes deeper understanding. In exploring your own values, you can focus on what is most important to you and the kind of person you are. Values tell us what *and* who hold the most meaning in your life.

What values matter to you?



Use the QR Code for a free Values Deck to further explore and honor what matters to you.



What matters to you... **matters.**

Values are your heart's deepest desires for how you want to behave as a human being. They describe how you want to treat yourself, others, and the world around you. This is not a list of "the right" values; there are no "right" or "wrong" ones. It's like your taste in ice cream.

How to use these cards:

- Take a moment and sort the values into categories based on the 4 header cards
- Consider an area of your life where you want to make a positive change (*For Example, within the 7 Pillars of Self Care, or in the areas of Self, Career, Family & Friendships*)
- Answer the question: In this area of my life, I want to be.....

How to make decisions based on your core values:

When you know what matters most to you, you'll find it easier to make decisions. Especially when confronted with a decision that leaves you with conflicting feelings or a sense of pressure.

Ask yourself:
What option most aligns with my core values?

There may be times it seems that your core values are in conflict with one another, for example, Solitude and Connection. When this happens, consider:

- What is most important to me at this time?
- How will I use my values to inform my decision about what I need and how I communicate that need?

Matters **Most** to me



Matters **Some** to me



Matters **Little** to me



Doesn't Matter to me



Accepting

Open to, allowing of, or at peace with myself, others, life, my feelings, etc.

Adventurous

Willing to create or pursue novel, risky or exciting experiences

Assertive

Calmly, fairly and respectfully standing up for my rights and asking for what I want

Authentic

Being genuine, real, and true to myself

Caring

Open to, allowing of, or at peace with myself, others, life, my feelings, etc.

Compassionate

Responding kindly to myself or others in pain

Connected

Invested in my relationship with friends, family and myself

Creative

Being imaginative, inventive, or innovative

Curious

being open-minded and interested; willing to explore and discover

Encouraging

supporting, inspiring, and rewarding behavior I approve of

Expressive

conveying my thoughts and feelings through what I say and do

Focused

focused on and engaged in what I am doing

Fair/Just

acting with fairness and justice –toward myself and others

Flexible

willing and able to adjust and adapt to changing circumstances

Friendly

warm, open, caring, and agreeable toward others

Forgiving

letting go of resentments and grudges toward myself or others

Grateful

being appreciative for what I
have received

Helpful

giving, helping, contributing,
assisting, or sharing

Honest

being honest, truthful, and
sincere—with myself and others

Independent

choosing for myself how I live
and what I do

Industrious

being diligent, hardworking,
dedicated

Kind

being considerate, helpful, or
caring—to myself or others

Loving

showing love, affection, or
great care—to myself or others

Mindful/Present

fully present and engaging in
whatever I'm doing

Open

revealing myself, letting people know my thoughts and feelings

Orderly

being neat and organized

Persistent

willing to continue, despite problems or difficulties

Playful

being humorous, fun-loving, light-hearted

Protective

looking after the safety and security of myself or others.
Protecting boundaries.

Respect/

Self Respect

treating myself or others with care and consideration

Responsible

being trustworthy, reliable, and accountable for my actions

Patience

to have the capacity to accept and navigate delay, trouble or suffering

Moderation

avoiding excess or extremes; to live within reasonable limits

Skillful

doing things well, utilizing my knowledge, experience, and training

Supportive

being helpful, encouraging, and available—to myself or others

Solitude

to have ample time and space away from others to reset

Trustworthy

being loyal, honest, faithful, sincere, responsible, and reliable

Trusting

willing to believe in the honesty, sincerity, reliability, or competence of another

Vulnerability

to honor uncertainty, risk and emotional exposure in yourself and others

Wisdom

to have deep insight, knowledge and judgement