

# Values

## What is the skill for?

Our values shape our behaviour and our actions. If we can identify our values, it will help us to understand why we act the way we do. In situations where our (or someone else's) actions are causing distress or harm, then it helps to identify the values underpinning our behaviours and actions, in order to make wellbeing enhancing changes.

## What is involved in using the skill? How is it used with other skills?

Values clarification is a reflective, critical thinking exercise.

## In what sorts of situations is the skill used?

ANY situation where a person's values are implicated in behaviours that affect their wellbeing.

**Values** are the beliefs and principles that you believe are important in the way that you live your life, learn at school, and work. Ideally your values determine your priorities and guide your decisions and the way you act towards others.

## Recap this preparation task:

Term	Dictionary meaning	Use this column to explain the differences between each pair of words. This can be tricky!
Attitudes		
Values		
Beliefs		
Morals		
Knowledge		
Assumptions		
Opinions		
Perspectives or viewpoint		

The following item bank provides you with a wide range of values. Use this item bank for the activity that follows. There are many online sources of these if you would prefer to use a different list.

You only need to use the values that you know about and have relevance for you.

## Item bank of values

Abundance	Decisiveness	Humour	Purpose	Understanding
Acceptance	Dedication	Imagination	Quality	Uniqueness
Accomplishment	Dependability	Inclusiveness - whakakotahi	Reason/Logic	Unity
Accountability	Determination	Independence	Recognition	Vision
Accuracy	Devotion	Individuality	Reliability	Vitality
Achievement	Dignity	Inner Harmony	Respect - whakaute	Wealth
Adaptability	Discipline	Innovation	Responsibility - haepapa	Welcoming
Adventure	Diversity - kanorautanga	Insightful	Restraint	Winning
Affection	Efficiency	Inspiring	Results-oriented	Wisdom
Alertness	Empathy	Integrity	Rights - tika tūāpapa	Wonder
Altruism/Helping	Endurance	Intelligence	Rigour	Work
Ambition	Energy	Introspection	Security	
Assertiveness	Enjoyment	Intuitive	Self-actualisation	<i>Add others</i>
Attentive	Enthusiasm	Joy	Self-control	
Authenticity	Equal status - equity, equality mana taurite	Justice	Self-development	
Awareness	Equality - noho ōrite - mana ōrite	Kindness	Selfless	
Balance	Ethical	Knowledge	Self-reliance	
Beauty	Excellence	Lawful	Self-respect, self-esteem	
Boldness	Excitement	Leadership	Sensitivity	
Bravery	Experience	Learning	Serenity	
Brilliance	Expertise	Love	Service	
Calmness	Exploration	Loyalty	Sharing	
Capable	Fairness - matatika	Mastery	Silence	
Careful	Faith	Maturity	Simplicity	
Caring	Fame	Meaning	Sincerity - genuine,	
Caring	Family	Moderation	Skillfulness	
Certainty	Fearless	Modesty	Solitude	
Challenge	Fidelity	Motivation	Speed	
Charity	Fitness	Nature	Spirituality/Faith	
Cleanliness	Focus	Obedience	Stability/Security	
Clear	Foresight	Open-Mindedness	Status	
Clever	Forgiveness	Openness	Stewardship	
Comfort	Freedom	Optimism	Strength	
Commitment	Friendliness	Order	Structure	
Communication	Friendship	Organisation	Success	
Community	Fun	Originality	Support	
Compassion - ngakau aroha	Generosity	Others	Surprise	
Competence	Giving	Passion	Sustainability	
Confidence	Goodness	Patience	Teamwork	
Connection	Grace	Patriotism	Temperance	
Consistency	Gratitude	Peace, peacefulness, harmony rangimarie	Thankful	
Contentment	Growth	Philanthropy	Thorough	
Contribution	Happiness	Play/ Playfulness	Thoughtfulness	
Control	Hard Work	Poise	Timeliness	
Cooperation	Harmony	Positivity	Tolerance- manawanui	
Courage	Health	Power	Toughness	
Courtesy	Honesty	Privacy	Traditional	
Creativity	Honor	Productivity	Tranquillity	
Credibility	Hopefulness	Professionalism	Transparency	
Curiosity	Humility	Prosperity	Trustworthiness	

- From the item bank select **20 values** that you would **generally** say are important to you in your life. You can select more if you wish. Highlight these.
- Select 4 life situations in the table below (more if you have time).
- For **each selected life situation** organise the 20 values across most important, somewhat important, and least important – in that situation.

Life situation – select 4 of these	Most important values in this situation	Somewhat important	Least important
Family			
Friends			
Romantic relationships			
School			
Community			
Work			
Culture			
Recreation, sports, arts etc			

Reflection	
Do the same values remain important in every situation, or do they change?	
What do you notice about the way some values are ranked? What do you think this says about you as a person?	
What are the implications for your wellbeing in each of these situations given your values?	
Do you think your values help or hinder your sense of wellbeing in each of these situations? If you think your one or more of your values may impact your wellbeing in certain situations, what do you think you could think about or do differently to support your wellbeing?	
Overall, why is it important to consider the way a person's values influence their actions, and how these actions then impact their own wellbeing and the wellbeing of others?	

