



Presented by BU Happiness College

Knowing and Embodying Your Values

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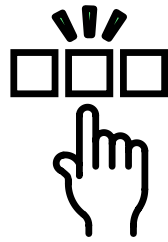
"Your core values act like your internal compass which navigates the course of your life. If you compromise your core values, you go nowhere."

- Roy T Bennett

Recognising Your Values



Consider who you admire



Reflect on your own behaviour/choices



Examine your personal goals



Explore what is most important to you
(past your survival needs)



Narrow it down from a values list

Explore your top 5 values below:

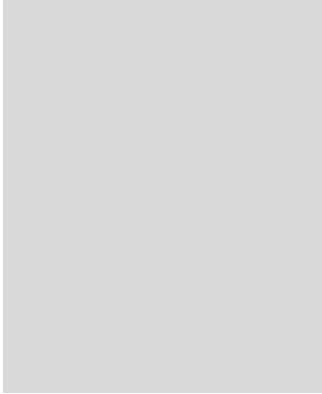
The BU Big Values List

- | | | |
|----------------|--------------|----------------|
| Acceptance | Excellence | Loyalty |
| Accomplishment | Expertise | Mastery |
| Accountability | Exploration | Optimism |
| Adaptability | Fairness | Order |
| Adventure | Faith | Passion |
| Ambition | Family | Peace |
| Authenticity | Focus | Power |
| Balance | Forgiveness | Productivity |
| Bravery | Freedom | Prosperity |
| Calmness | Friendship | Purpose |
| Caring | Fun | Recognition |
| Commitment | Generosity | Security |
| Communication | Grace | Service |
| Community | Gratitude | Simplicity |
| Compassion | Growth | Spirituality |
| Confidence | Happiness | Strength |
| Contentment | Health | Success |
| Contribution | Honesty | Sustainability |
| Control | Independence | Teamwork |
| Dedication | Innovation | Thoughtfulness |
| Determination | Inspiration | Tranquility |
| Discipline | Integrity | Transparency |
| Diversity | Intelligence | Understanding |
| Efficiency | Intuition | Unity |
| Empathy | Kindness | Vision |
| Energy | Leadership | Vitality |
| Enthusiasm | Learning | Wealth |
| Ethical | Love | Wisdom |

My Core 5 Values Are:

My Values Tree

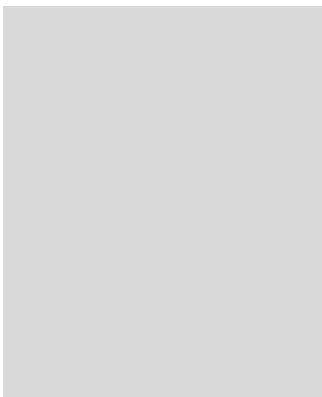
My career values are:



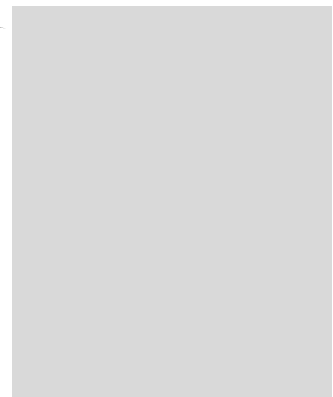
My financial values are:



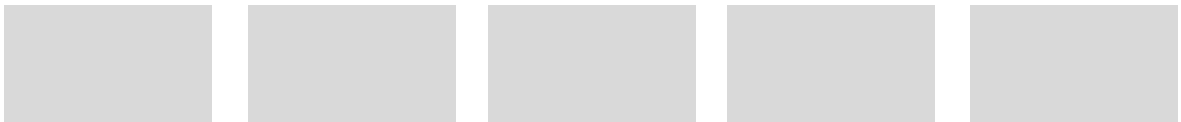
My relationship values are:



My health values are:



My Core 5 Values Are:





Embodying Your Values

How have my values been expressed in my past?



Memory

What do I imagine upholding my values from this point forward would entail?



Imagination

What examples have I seen from other people when it comes to demonstrating my core values?



Model



Healthy vs Unhealthy Value Expression



Unhealthy Value Expression



Healthy Value Expression

Are there any way in which I am currently meeting my values in an unhealthy way?

How am I/can I meet my values in a healthy way?

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...