

my name: _____



Activity: Discover your Values

Name the colours of your rainbow.

Values are powerful words that represent what truly matters to you. You know something matters to you because you feel it deeply in your heart. Often when you have a strong emotional reaction (ie. tears well up, anger, passion, love), this is an indication that a value has been either met, in the case of passion or love, or not being met, in the case of anger or tears. Values are general words and are not specific to an activity, place or person. Instead, values are what that activity, place or person mean to you; why they are important to you.

- 1) Choose 10 words from the list on page 2 of this handout that are truly important to you in the next year.
- 2) Write each word on a small piece of paper, so that you have 10 small pieces of paper laid out in front of you.
- 3) Imagine the year ahead, and look down at the words in front of you. Choose 6 that most speak to you.
- 4) Take a short break (go outside for 3 breaths of fresh air, make some tea, engage in a few stretches).
- 5) Return to the 6 words in front of you, and again imagine the year ahead. Choose 3 words that most stand out for you for this year. Which words are deeply important to your heart, and best represent who you want to be.
- 6) If you are happy with 3 words, then stop here. Feel free to write the words in your day planner, or create an art project or collage with the words as the central theme.
- 7) If you would like only 1 word for the year, take another break, then revisit the words and choose 1 value for the year ahead.



Examples of Values Words

- Adventure
- Peace
- Nature
- Learning
- Community
- Creativity
- Growth
- Challenge
- Connectedness
- Courage
- Independence
- Integrity
- Innovation
- Spontaneity
- Presence
- Recognition
- Listening
- Respect
- Loyalty
- Honesty
- Simplicity
- Safety
- Tradition
- Love
- Collaboration
- Compassion
- Generosity
- Wisdom
- Spaciousness
- Rest
- Helping
- Service/Helping
- Cooperation
- Discovery
- Ease
- Play
- Fun
- Forgiveness
- Child-like
- Innocence
- Wild
- Strength
- Trust
- Thankfulness
- Flexibility
- Determination
- Joy
- Contribution
- Accomplishment
- Intuition
- Focus
- Authenticity
- Friendship
- Patience
- Equality
- Humour

Add your own values words:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

*Complete this activity with yourself, and then feel free to bring it to your family to find a family value word on which to focus for the year ahead.