

## In Session Practice

Please do not complete this session practice until discussed in the presentation, as the facilitators will guide you through this exercise in-session. However, instructions to complete this are below the checklist in case you miss anything. If you feel there are other values which you have and aren't on the checklist, please don't hesitate to put these down.

### Values Checklist:

Creativity  
Independence  
Excitement  
Pleasure  
Success  
Social Power  
Influential  
Self-discipline  
Loyalty  
Honesty  
Tradition  
Intelligence  
Forgiveness  
Justice  
Knowledge  
Commitment  
Family  
Humour

Ambition  
Security  
Authority  
Freedom  
Adventure  
Capability  
Curiosity  
Wealth  
Self-respect  
Obedience  
Sense of belonging  
Helpfulness  
Openness  
Equality  
Responsibility  
Compassion  
Genuineness  
Respect

*Other:*

Firstly, read through the values checklist and circle 10 values you feel are the most important to you.  
Now, reduce these 10 values to 3 which are most important to you currently.  
Then, if you can, reduce these 3 values to the top most important value to you currently.