

HOW TO PLAY

Print the sheets and cut the individual values out.

Spread all the values out in front of you. Do not hurry as you do this activity, but allow yourself time to reflect on each value.

Sort the values into the four different group headings from this page.

Choose a maximum of 7-10 values in your 'Most Important' group. This may mean that you need to make some difficult decisions and trade-offs. Compare the values against each other. Ask yourself: If I had to choose between these two values, which is most important?

There is no limit to the number of values you can have in the other groups. There are no right or wrong values. Any values may be important for people at various times and places.

These values cards are not a conclusive list, but a starting point for reflection. You can write on more cards to add values that are important to you and missing from this list. You can also write on the cards to modify any of these values and personalise what they mean for you in the context of your life.

Once you have sorted the values into 4 groups, with a maximum of 10 in your Most Important group, download the 'Reflection Questions and Activities' as prompts to discover more about:

- What's shaped your values and how they are changing
- Resolving areas of conflict - within yourself, or with your partner, children or other family members
- How your (often unconscious) values are influencing your parenting decisions and kids' career choices
- How you can tap into your core values for guidance and strength.

MOST

IMPORTANT

 MyKidsCareer

IMPORTANT

 MyKidsCareer

NICE BUT NOT

ESSENTIAL

 MyKidsCareer

NOT IMPORTANT

 MyKidsCareer

**Authority,
Influence**



**Bringing out
Potential**



Authenticity



Belonging



Adventure



**Being Part of
a Community**



Acceptance



**Beauty &
Aesthetics**



Communication



**Education,
Learning**



Courage



**Sustainability,
Ecology**



**Stability,
Consistency**



Diversity



Competence



Culture



Healing



Honesty,



Trust

Good Food



High Income



Good

Colleagues,

Peers



Helping Others



**Family,
Relationships**



Health



Justice



My Faith



Tradition

Integrity



**Marriage,
Relationship**



Independence



Loyalty



Humour



**Living in a
Particular Place**



Nurturing



Physical

Fitness



Nice Car



A Pet



Nature



Personal

Expression



My Own Home



Personal

Appearance



**Psycho-Spiritual
Fulfillment**



Savings



**Psychological
Wellbeing**



Resilience



Power



**Reliable
Income**



Play



**Receiving
Recognition**



Social Interaction



Time for

Myself



Sexuality



Structure



Service



**Status,
Prestige**



Self

Development



Solving

Problems



Winning



Write your own value here



**Variety,
Experiencing New
Things**



Write your own value here



**Talents,
Specific Skills**



Write your own value here



Travel



**Working in a
Particular
Environment**

