

My VALUES

Reflection Questions



How have your values changed from 2 years ago?

How have your values changed from 10 years ago? 20 years ago?

Which values have stayed the same?

What values were important to you in the past but have now become secondary to other values?

Where do you see areas of conflict between your values?

How does that conflict show up in your life?

Does it show up internally (in anxiety, indecisiveness, frustration or depression) or externally (in relationships with others)?

What changes can you make to align with your core values now?

Further activities to do with your Values Cards

Create a collage or vision board incorporating your Core Values

You can do this on the computer or you can craft it by hand on a large piece of paper, using coloured pens, pencils or paints. You could even use images or photos that symbolise your most important values. Arrange your values in any way you like, such as the form of a compass or a guiding star. When you have finished your values collage or vision board place it somewhere you can notice it daily. Allow yourself to be reminded of, strengthened and guided by your values every day.

Invite your partner or older children to do the Values Activity too

Share and compare your results. Invite them to tell you about the values they have selected. What does each value mean to them? Listen with an open mind and heart and try to understand what is important to the other person without judgement or criticism. What can you say that is positive and affirming of their values? Even if you hold different values, the ability to acknowledge what is important to another will help to improve understanding and mutual respect in relationships.

My VALUES

Intergenerational
Exploration



What did your own parents do for work? What did your grandparents do?

If your family has a favourite song or saying, what does it tell you to do?

If your family had a family crest, what would the family motto be?

What messages did your parents give you (through their words and their actions) about work?

What messages would you have liked your parents to have given you?

Is there a career or occupation that you would have liked to have pursued but did not or could not? What attracted you to that work? What happened?

Further activities to do with your values cards

Interview your parents or other relatives

Have a conversation with them about family occupations, vocational hopes and dreams and also difficulties and setbacks. Invite your child to be part of these family interviews. You may be surprised by the healing effect of such conversations.

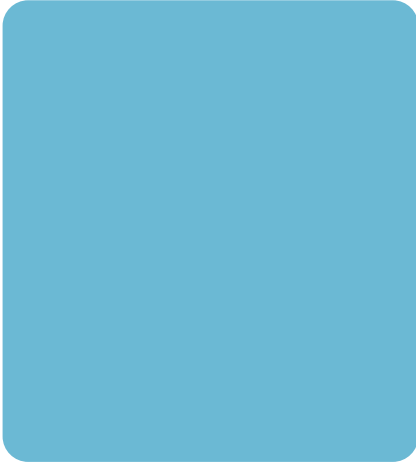
Draw a Genogram or Family Tree

A Genogram is essentially a family tree, which can include information about your ancestors' occupations and significant life events. Draw a genogram to organise what you have learnt about your family's work and occupational history. Though kids may think that's all in the past, are there lessons, strengths or achievements that can be drawn from your family history to help today's generation?

My VALUES

Write your
thoughts here or in
your journal





Further activities to do with your values cards
