

What matters the most to you?

What are your values?

Acceptance

To be open to and accepting of myself, others, and life.

Adventure

To actively seek, create, or explore adventurous experiences.

Assertiveness

To be disposed to or characterized by boldness or confidence.

Authenticity

To be genuine, real; to be true to myself.

Balance

To look after my health and well-being, and get my needs met while meeting the needs of others.

Caring

To be caring towards myself, others, and the environment.

Commitment

To be hard-working, dedicated, diligent.

Connection

To engage fully in whatever I am doing, and be fully present with others.

Contribution

To help, assist or make a positive difference to myself, or others.

Conviction

To stick to my guns and follow my gut; to only change my mind if it is what I truly believe in.

Cooperation

To be cooperative and collaborative with others to achieve a shared goal.

Courage

To be brave, face fears and overcome difficult situations.

Creativity

To think outside the box; to be creative or innovative.

Curiosity

To be open-minded and interested; to explore and discover.

Encouragement

To encourage and reward behaviour that I value in myself or others.

Energy

To sustain strong physical, emotional, mental, and spiritual activity.

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Equality

To treat others as equal to myself, and vice-versa; to be fair to myself and others.

Excellence

To deliver and demonstrate superior quality through my actions.

Fairness

To strive for liberty, justice and equality for myself and others.

Flexibility

To adjust and adapt readily to changing circumstances.

Freedom

To choose how I live and behave, help others do likewise; to advance freedom any time I see an opportunity.

Forgiveness

To be forgiving towards myself and others.

Generosity

To freely share and give to myself or others without expecting anything in return.

Gratitude

To be appreciative of the positive aspects of myself, others, and life.

Harmony

To inspire peace, agreement, and mutual understanding.

Happiness

To know what things make me happy and frame my life around those things.

Honesty

To be truthful and sincere with myself and others.

Humility

To be modest; to let my achievements speak for themselves.

Independence

To be self-supportive and choose my own way of doing things.

Integrity

To be honest and have strong moral principles.

Kindness

To be compassionate, considerate, nurturing or caring towards myself or others.

Knowledge

To keep growing, advancing, or improving in expertise and skills.

Loyalty

To stick to my word; to be there for others when times are hard.

Love

To act lovingly or affectionately towards myself or others.

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Mindfulness

To be conscious of, open to and curious about my here-and-now experience.

Order

To be organized; to appreciate order, method, symmetry, and system.

Openness

To think things through, see things from other's points of view and weigh evidence fairly.

Patience

To wait calmly for what I want; to endure delay, trouble, pain, or hardship.

Play

To seek, create, and engage in fun-filled activities.

Perseverance

To fail more times than others have tried and continue resolutely without quitting.

Positivity

To bring and share an optimistic attitude.

Power

To strongly influence or wield authority over others.

Relationships

To be connected to family, friends and others.

Resilience

To bend rather than break and always recover quickly.

Respect

To be polite, considerate and show positive regard.

Responsibility

To have control over and be accountable for my actions.

Self-awareness

To know myself, how others see me, how I respond in different situations, and why I react the way I do.

Self-control

To act in accordance with my own ideals.

Self-improvement

To keep challenging myself to grow, learn, improve.

Skilfulness

To continually practice and improve my skills and apply myself fully when using them.

Trust

To be loyal, faithful, sincere, and reliable; to have confidence in others.

**Find out more
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Energy for Life
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