

# Values Checklist



Our Values are what guide us whether we realize it or not. Many Values are “shadow values” ie not conscience eg desire for control, authority, acknowledgement etc A values checklist can be a useful tool for self-reflection and personal growth. It helps you identify and prioritize your core values, which in turn can guide your decision-making and lead to a more fulfilling life. Here's a sample values checklist:

## Family

- Spending quality time with family members.
- Supporting and nurturing family relationships.
- Prioritizing family well-being and happiness.

## Friendship

- Cultivating meaningful and supportive friendships.
- Being a loyal and reliable friend.
- Valuing and respecting the bonds of friendship.

## Love and Relationships

- Nurturing romantic relationships.
- Demonstrating love and affection to your partner.
- Building and maintaining healthy relationships.

## Personal Growth

- Pursuing continuous learning and self-improvement.
- Seeking opportunities for personal development.
- Embracing challenges and growth experiences.

## Health and Wellness

- Prioritizing physical health through exercise and nutrition.
- Caring for mental and emotional well-being.
- Ensuring a balanced and healthy lifestyle.

## Integrity

- Acting with honesty and transparency.
- Upholding moral and ethical principles.
- Being trustworthy and dependable.

## Kindness and Compassion

- Demonstrating empathy and understanding.
- Helping and supporting others in need.
- Promoting a compassionate and caring world.

## Creativity

- Expressing creativity in various forms.
- Encouraging and celebrating artistic endeavors.
- Valuing imagination and innovation.

# Values Checklist



## Respect

- Respecting the rights and boundaries of others.
- Valuing diversity and inclusion.
- Treating all individuals with respect.

## Environmental Stewardship

- Taking actions to protect the environment.
- Reducing carbon footprint and waste.
- Advocating for sustainable practices.

## Community Engagement

- Contributing to the well-being of your community.
- Volunteering and supporting local causes.
- Building a sense of belonging and unity.

## Achievement and Success

- Setting and working towards meaningful goals.
- Measuring success by personal standards.
- Celebrating achievements and milestones.

## Adventure and Exploration

- Seeking new experiences and challenges.
- Embracing spontaneity and curiosity.
- Valuing the journey as much as the destination.

## Financial Security

- Managing finances responsibly.
- Saving for the future and emergencies.
- Achieving financial goals and stability.

## Spirituality and Faith

- Exploring and deepening your spiritual beliefs.
- Connecting with a higher purpose or faith community.
- Seeking inner peace and spiritual growth.

Take time to reflect on each value, prioritize them based on your personal beliefs, and use this list as a guide for making decisions that align with your core values. Your values may evolve over time, so revisiting periodically can be valuable for personal growth and fulfillment.

For a Deeper understanding of your Values, Vision, Inspiration, Power and Purpose Join our [Vision Quest Online](#)

**Spirit Safaris** - info@spiritsafaris.com Tel: 1300 763 188 or 0417 244 600 www.spiritsafaris.com