

Knowing our Values

Knowing our values is important to help us to achieve fulfilment.

Pick out the top 3-5 values that really matter to you. These should be words that really resonate with you and describe what you feel you 'stand for.'

Try not to have more than 5 – really hone them down to the ones that are imperative, non negotiable to you.

Use this list to guide you about what you need to be doing in order to feel a sense of purpose and fulfilment.

When looking at how to spend your time, think about what would bring you closer to living in alignment with your values.

The top values which matter to you:

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Knowing and living by our values is something that can help nurture our wellbeing and make us happier. Living in a way that is at odds with our values, can have negative effects on our stress levels, and can impact on our physical and mental health. It can cause burn out in the long-term.

Knowing our Values

Accountability	Fidelity	Loyalty
Adaptability	Freedom	Openness
Adventure	Fun	Optimism
Altruism	Generosity	Passion
Balance	Gratitude	Patience
Boldness	Happiness	Persistence
Calm	Harmony	Playfulness
Charity	Health	Purpose
Common Sense	Honesty	Realistic
Compassion	Honourableness	Respect
Consistency	Hope	Responsibility
Conviction	Humility	Security
Courage	Humour	Self-reliance
Creativity	Individuality	Selflessness
Dependability	Being inspirational	Service
Discipline	Intelligence	Tolerance
Efficiency	Justice	Transparency
Empathy	Kindness	Trustworthiness
Enthusiasm	Logic	Understanding
Equality	Love	Unity
Fairness		

With thanks to Deborah Bircham from Live Well With Chronic Illness:
livewellwithchronicillness.co.uk

Download more resources from mastcellaction.org

Charity number: 1164917

Make your legacy a lifeline for people with MCAS, leave a gift in your will to
 Mast Cell Action.