Values -

Values describe what is important to us.

They are ideals we hold that give significance and meaning to our lives and they underpin our beliefs, influencing the decisions we make, the actions we take and the life we lead.

Some examples of values are:

Honesty

Reliability

Responsibility

Success

Enthusiasm

Hard Work

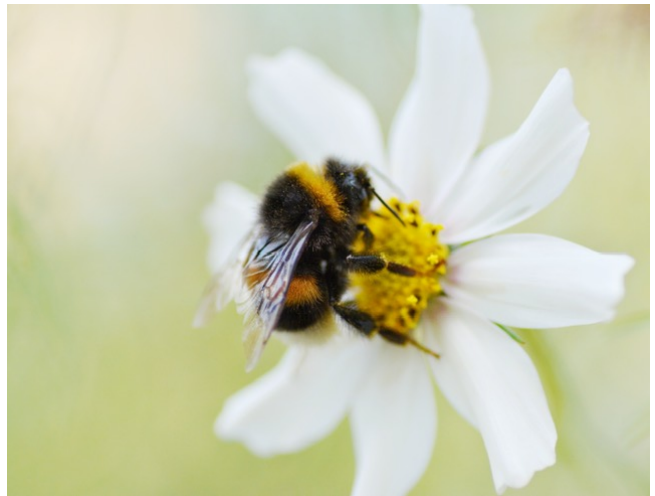**Confidence**

Perseverance

Friendship

Love

Creativity

Selflessness

Understanding

When doing belief and value work always bring to mind your desired outcome, your goal.