



## ♥ The Values Toolkit

### “When everything falls apart, what do you stand for?”

#### 1. 🌱 What Are Values?

Values are the guiding principles that shape how we live, how we relate to others, and how we navigate the world. They’re not goals to achieve—they’re ways of being. Especially after trauma or loss, values can act like an anchor, helping us stay true to ourselves when life feels uncertain or overwhelming.

You don’t have to have it all figured out. This toolkit is here to help you explore what matters most to you, gently and at your own pace.

#### 2. 🌀 Core Values List

Here’s a list of values to help you reflect. Circle, highlight, or tick the ones that feel most important to you.

Acceptance, Accountability, Advocacy, Authenticity, Balance, Belonging, Boundaries, Calm, Care, Collaboration, Compassion, Connection, Courage, Creativity, Dignity, Empathy, Faith, Family, Forgiveness, Freedom, Gratitude, Growth, Harmony, Healing, Honesty, Hope, Humility, Independence, Integrity, Joy, Justice, Kindness, Learning, Loyalty, Openness, Patience, Peace, Perseverance, Presence, Purpose, Resilience, Respect, Responsibility, Safety, Self-care, Service, Simplicity, Spirituality, Stability, Trust

#### 3. 📝 Values Reflection Exercises

Use these prompts to gently explore what matters most to you:

- • What has mattered most to me during my hardest times?
- • Who inspires me and why?
- • When do I feel most aligned with myself?
- • What do I keep showing up for, even when it’s hard?
- • What value do I want to pass on to others?

#### 4. ❤️ Values in Healing

Even when things feel chaotic, our values can bring comfort and clarity. They help us move through pain with purpose. Here are some ways to keep your values close during healing:

- Write one value on a sticky note and place it where you'll see it each day.
- Try this phrase: "Even when I feel broken, I still choose [value]."
- Choose one small action each day that reflects a value (e.g., texting a friend = connection).
- Use values as anchors when making difficult decisions.

#### 5. 🛠️ Values in Action

Fill in this worksheet to bring your values to life:

Value: \_\_\_\_\_

What it looks like when I'm living this value:

\_\_\_\_\_

What it looks like when I'm not:

\_\_\_\_\_

What gets in the way:

\_\_\_\_\_

What helps me return to it:

\_\_\_\_\_

#### 6. 🤝 Using Values to Set Boundaries

Your values can help you say 'no' with kindness and confidence. Here are examples:

- "I value rest, so I won't be able to take that on right now."
- "I value honesty, so I need to tell you how I really feel."
- "I value my mental health, so I need to step back from this situation."

Boundaries don't mean you care less. They mean you're caring for yourself too.

#### 7. 📄 Printable Reminders

Use these pages however you like—print, draw, collage, or add them to your journal.

- My top 3 values: \_\_\_\_\_
- Daily reminder: "Today I will choose \_\_\_\_\_, even in small ways."

- “Even when I feel \_\_\_\_\_, I still choose \_\_\_\_\_.”

## 8. Further Support

You don't have to do this alone. Here are some places that can help:

- Mark Hewitson Foundation – [www.markhewitsonfoundation.org](http://www.markhewitsonfoundation.org)
- Samaritans (UK): 116 123 – Free 24/7 support
- Mind: [mind.org.uk](http://mind.org.uk) – Mental health charity
- ACAS: [acas.org.uk](http://acas.org.uk) – Advice on work-related issues
- Your GP or local mental health team