

## Values and beliefs list

*Use this resource to identify your values and beliefs in conjunction with the 'My values and beliefs' resource.*

The following resource is divided into three sections:

- 1. What are values and beliefs**
- 2. Values list**
- 3. Beliefs list**

### **1 - What are values and beliefs?**

Values are concepts, themes, guidelines or rules that we align ourselves with, either consciously or unconsciously. Values are what tend to give us a sense of direction, security, motivation and connection with life (whether with people, places or the environment). Our values will vary hugely depending on a number of factors including but not limited to, education, upbringing, personality type and significant life experiences and influences. Usually they will be slow to develop and as a result will be slow to exceedingly slow to alter or change all together.

While values dictate the direction we tend to steer towards, beliefs are the things that provide us with the reasons or justifications we use (to ourselves and/or to others) to explain, validate and defend the ways we think, talk and behave. For example, you may value 'good health' and as a result believe that 'you should exercise regularly'.

Unlike values, beliefs will usually develop more quickly and because of this will often be the precursor to changing what we value in life. Often beliefs are not actually ours to begin with but instead are adopted from other people or groups e.g. from our parents, friends, education or religious systems.

While a lack of certain values can eventually lead to a deficit in some areas of life, it is your beliefs that can more directly lead to either a positive or negative self-image and as a result a negative or positive life outcome. Once you have established certain self-beliefs (either consciously or unconsciously) your perception, opinions and thoughts tend to look for evidence that support your beliefs. This concept is often referred to as confirmation bias. For example, if you believe that 'exercising is too difficult' and you 'can't stick to anything you try', you will actually look for (knowingly or unknowingly) evidence to support that belief e.g. heavy breathing, any kind of discomfort, the sacrifices you made to exercise etc. At the same time you will also ignore any evidence to the contrary e.g. actually completing a session without discomfort, exercising consistently for a two week period etc. Over time this type of thinking starts to snowball and become set in.

While it is never impossible to change, over time this type of thinking makes it increasingly difficult to look at things from another perspective and ultimately to make changes.

As difficult as negative self-beliefs can be, it also pays to note that this process can work in exactly the opposite way and can result in a positive snowball effect. If you believe that 'you

can do it', and that 'if I keep going I will get to where I want to be' then it is only a matter of time (probably) before you do get to where you want to be.

All this equates to the outcomes we get in life being heavily influenced by our values and beliefs. So what do you believe in? The glass being half empty or the glass being half full...

## 2 - Values list

Use the list below to identify your values.

Some tips on identifying your current values:

- Your current values are probably those that really jump out at you and have you thinking *"yeah that's me"*, or *"absolutely, that's really important to me"*.
- The values that you have to think about might be those that you don't really want to own up to or possess, or those that you want to have.
- The values that you skim over most likely don't play a big role in what you currently value or want to value in the future.

Acceptance	Approachability	Calmness	Comfort
Accomplishment	Approval	Camaraderie	Commitment
Accountability	Art	Capability	Communication
Accuracy	Articulacy	Care	Community
Achievement	Artistry	Carefulness	Compassion
Acknowledgement	Assertiveness	Celebrity	Competence
Activeness	Assurance	Certainty	Competition
Adaptability	Athletic	Challenge	Completion
Adoration	Attentiveness	Change	Composure
Advancement	Attractiveness	Charity	Concentration
Adventure	Availability	Charm	Concern for others
Affection	Awareness	Chastity	Confidence
Affluence	Balance	Cheerfulness	Conformity
Aggressiveness	Beauty	Clarity	Congruency
Agility	Being the best	Cleanliness	Connection
Altruism	Belonging	Cleanliness	Consciousness
Ambition	Bliss	Clear-mindedness	Conservation
Amusement	Boldness	Cleverness	Consistency
Anticipation	Bravery	Closeness	Contentment
Appreciation	Brilliance	Collaboration	Continuous improvement

Contribution	Discovery	Expressiveness	Global view
Control	Discretion	Extravagance	Goodness
Conviction	Diversity	Extroversion	Goodwill
Conviviality	Dominance	Exuberance	Grace
Coolness	Dreaming	Fairness	Gratitude
Cooperation	Drive	Faithfulness	Gregariousness
Coordination	Duty	Fame	Growth
Cordiality	Dynamism	Family	Guidance
Correctness	Eagerness	Fascination	Happiness
Country	Economy	Fashion	Hard work
Courage	Ecstasy	Fearlessness	Harmony
Courtesy	Educated	Ferocity	Health
Craftiness	Effectiveness	Fidelity	Heart
Creativity	Efficiency	Fierceness	Helpfulness
Credibility	Elation	Financial independence	Heroism
Cunning	Elegance	Firmness	Holiness
Curiosity	Empathy	Fitness	Honesty
Daring	Encouragement	Flair	Honour
Decisiveness	Endurance	Flexibility	Hopefulness
Decorum	Energy	Flow	Hospitality
Deference	Enjoyment	Fluency	Human-centered
Delight	Entertainment	Focus	Humility
Democracy	Enthusiasm	Fortitude	Humour
Dependability	Environmentalism	Frankness	Hygiene
Depth	Equality	Freedom	Imagination
Desire	Ethics	Friendliness	Impact
Determination	Euphoria	Friendship	Impartiality
Devotion	Excellence	Frugality	Improvement
Devoutness	Excitement	Fun	Independence
Dexterity	Exhilaration	Gallantry	Individuality
Dignity	Expectancy	Generosity	Industry
Diligence	Expediency	Gentility	Influence
Direction	Experience	Gentleness	Ingenuity
Directness	Expertise	Giving	Inner peace
Discipline	Exploration		Innovative

Inquisitiveness	Maturity	Perceptiveness	Rationality
Insightfulness	Meaning	Perfection	Realism
Inspiration	Meekness	Perkiness	Reasonableness
Integrity	Mellowness	Perseverance	Recognition
Intelligence	Merit	Persistence	Recreation
Intensity	Meticulousness	Personal growth	Refinement
Intimacy	Mindfulness	Persuasiveness	Reflection
Intrepidness	Modesty	Philanthropy	Regularity
Introspection	Money	Piety	Relaxation
Introversion	Motivation	Playfulness	Reliability
Intuition	Mysteriousness	Pleasantness	Relief
Inventiveness	Nature	Pleasure	Religiousness
Investing	Neatness	Poise	Reputation
Involvement	Nerve	Polish	Resilience
Joy	Nonconformity	Popularity	Resolution
Judiciousness	Nurturing	Positive	Resolve
Justice	Obedience	Potency	Resourcefulness
Keeness	Oneness	Power	Respect
Kindness	Open-mindedness	Practicality	Respect for others
Knowledge	Openness	Pragmatism	Responsibility
Leadership	Optimism	Precision	Responsiveness
Learning	Order	Preparedness	Rest
Liberation	Organisation	Presence	Restraint
Liberty	Originality	Preservation	Results-oriented
Lightness	Other's point of view	Pride	Reverence
Liveliness	Outdoors	Privacy	Rigor
Logic	Outlandishness	Proactivity	Rule of Law
Longevity	Outrageousness	Professionalism	Sacredness
Love	Parenthood	Progress	Sacrifice
Romance	Partnership	Prosperity	Safety
Loyalty	Passion	Wealth	Saintliness
Majesty	Patience	Prudence	Satisfaction
Making a difference	Patriotism	Punctuality	Satisfying others
Marriage	Peace	Purity	Science
Mastery	Non-violence	Quality of work	Security

Self-control	Soundness	Thoroughness	Vision
Selflessness	Speed	Thoughtfulness	Vivacity
Self-reliance	Spirituality	Thrift	Volunteering
Self-respect	Spontaneity	Tidiness	Warm-heartedness
Self-thinking	Spunk	Timeliness	Warmth
Sensitivity	Stability	Tolerance	Watchfulness
Sensuality	Standardisation	Tradition	Wealth
Serenity	Status	Tranquillity	Well-being
Service	Stealth	Transcendence	Wilfulness
Sexiness	Stillness	Trust	Willingness
Sexuality	Strength	Trustworthiness	Winning
Sharing	Structure	Truth	Wisdom
Shrewdness	Success	Understanding	Wittiness
Significance	Support	Unflappability	Wonder
Silence	Supremacy	Uniqueness	Worthiness
Silliness	Surprise	Unity	Youthfulness
Simplicity	Sympathy	Usefulness	Zeal
Sincerity	Synergy	Utility	
Skilfulness	Systemisation	Valour	
Solidarity	Teaching	Variety	
Solitude	Teamwork	Victory	
Solving Problems	Temperance	Vigour	
Sophistication	Thankfulness	Virtue	

### 3 - Beliefs list

Use the list below to identify your beliefs

Some tips on identifying your current beliefs:

- Your current beliefs are probably those that really jump out at you and have you thinking “*yeah that’s me*”, or “*absolutely, that’s what I think*”.
- The beliefs that you have to think about might be those that you don’t really want to own up to or possess, or those that you want to have.
- The beliefs that you skim over most likely don’t play a big role in what you currently believe in or want to believe in, in the future.

Change is difficult and tedious	I always need to be doing something	I am not lovable
Change is exciting		I am not normal
Change is possible	I always stuff things up	I am not worth anything
Dieting is impossible for me	I always succeed in what I set out to do	I am shy
Diets are doable	I am a bad person	I am smart
Eating well is important	I am a confident and strong person	I am strong
Everything has its price		I am stupid
Everything is predestined	I am a failure	I am successful
Everything needs to be perfect	I am a victim	I am too old
Exercise is important	I am always lucky	I am too thin
Exercise is impossible to do regularly	I am always right	I am too young
Exercise is pointless	I am always the stupid one	I am ugly
Exercise is too difficult for me	I am an awesome person	I am undesirable
Failure is bad	I am attractive	I am weak
Failure is normal	I am bad	I can accomplish anything I put my mind to
Fat can be lost if you try hard enough	I am clumsy (I have two left hands)	I can be honest with myself
Fat is almost impossible to lose	I am easy to love	I can change if I want to
Fat makes you fat	I am good for nothing	I can exercise regularly if I want to
Fat should be avoided at all costs	I am good looking	I can make time to exercise
Fats are good and not so good	I am helpless	I can never change
Happiness is the most important thing	I am inadequate	I can never change my body
I always do everything wrong	I am independent and self sufficient	I can never stick with any diet
I always get there in the end	I am lazy	I can never stick with changes I make
I always get there in the end	I am not brave enough	I can never succeed
I always have bad luck	I am not good enough	I can stick to things if I really want to
	I am not important	

I can win if I really want to	I love myself	I should eat the right thing most of the time
I can't be honest with myself	I make my own destiny	I should never/always show my true colours
I can't complain because others have it worse than me	I might disappoint others	I think I can do it
I can't fail	I must constantly improve	I want to be invisible
I can't get what I want	I must not rest	I want to be left alone
I deserve no attention	I need a partner to be happy	I will never/always be attractive
I do not want to embarrass myself	I need help from others to do anything	I will never/always be exploited by others
I do/don't belong	I need more money	I will never/always be fat
I do/don't deserve love	I need security	I will never/always be satisfied
I do/don't deserve recognition	I need the approval of others	I will never/always change
I do/don't deserve to be in this world	I need to be a good parent	I will never/always fail
I do/don't deserve wealth	I need to be a good partner	I will never/always get over things
I do/don't have enough time	I need to be a good role model	I will never/always get to where I want to be
I do/don't know what I want	I need to be careful in life	I will never/always get what I want
I do/don't know what to do	I need to be fit	I will never/always have a good body
I do/don't need help from others	I need to be healthy	I will never/always have to fight
I hate my body	I need to be humble	I will never/always make it
I hate my life	I need to be in control	I will never/always meet the right people
I hate myself	I need to be known	I will never/always succeed
I have a good body	I need to be strong	I will never/always win
I have a hard time in life	I need to be thin	I will prove that I am better
I have many desirable features	I need to decide on what I'm going to do	I will show you that I am good
I have many skills and strengths	I need to exercise	I would never have the discipline to change
I have never been able to do that	I need to get it right	I'll never have a healthy relationship
I have never been lucky	I need to have everything under control	If I do a little at a time I'll get there in the end
I have no desire to work hard	I need to keep up with those younger than me	If you want something you've got to take it
I have no right to want...	I need to know everything	In life you get nothing for free
I have to be better	I need to look good	It has to be perfect
I have to be sensible	I need to make myself useful	It is better to fail than never try
I have to prove I'm better	I need to protect myself	
I have to work harder	I need to protect myself from the outside world	
I know I can do it	I need to save others	
I know what is best for me	I need to take care of people	
I love my body	I need to work	
I love my life	I should be different	

It is better to fail, in order to remain popular	Others feelings are more important than my own	There are healthy and unhealthy foods
It is important what others think about me	Others have it better than me	There is always time to do the things I want to do
It is never too late to change and/or learn new things	Others needs are more important than my own	There is not enough for all
It is not important what other think of me	People are not trustworthy	There's no point because I will always fail
It only matters to me	People do not appreciate what I've done for them	There's too much to do
Junk food isn't that bad	People should be grateful	This has never worked for me
Junk food should be eaten now an again	People should keep their promises	Time is money
Junk food should never been eaten	People should listen to me	Trust is good, control is better
Life is an amazing thing	People should not be angry	Wealth only creates envy
Life is good	People should not lie	What does not kill you makes a stronger
Life is great	People should respect me	What I say/think is important
Life is hard	Perfection is nice but not necessary	What I say/think is unimportant
Life is no fun	Perfectionism makes me valuable and important	What I want is bad
Life is too difficult	Power brings out the worst in people	When I get older, I will stop
Life will always be a struggle	Power is destructive	Who dares wins
Luck has nothing to do with what happens to me	Power is great	Who has money has power
Men do not cry/show emotions	Punishment is a must	Who is rich, has no true friends
Men should be able to protect others	Regular exercise is impossible	Women are not strong
Men should be strong	Regularly exercising is important	Women do not cry/show emotions
Money will make me happy	Restraint in life is vital	Women should be able to protect others
My body should be healthy	Showing my feelings is dangerous	Women should be strong
No money means I'm a complete failure	Something is wrong with me	Work first, and then play
No one can see what I'm feeling	Status doesn't mean anything to me	You can only get rich at the expense of others
No pain, no gain	Status is a substitute for personality	You can't teach an old dog new tricks
Nobody cares about me	Status is defined by power	You get out of life what you put into it
Nobody loves me	Status is everything	You have to take life as it comes
One day I'll be successful	Status is important	You need to enjoy life without restraint
Only the brave get what they want	Sugar is addictive and impossible to give up	You should be content with what you have
Others do not care what I have to say	Sugar is/isn't bad	You should be happy with what you've got
	The easy way isn't worth it	
	The world is not a safe place	