Step Together Values Cards

Why are values important? | Tips for use

What are values?

Values are evolving principles that provide direction and guide behaviour. They are developed based on unique life experiences and social influences.

- Values are beliefs and attitudes we hold about what is important to us.
- They influence our behaviours, decision-making and priorities.
- They endure over time, but may also evolve based on new learnings/experiences.
- They can provide direction and motivation – especially when we are conscious of what our values are.
- People are not always conscious of what their values actually are. By increasing awareness and consideration of values, personal goals and achievements can be developed in line with these.
- Values and values identification is a key strategy used in some therapy approaches (including Acceptance and Commitment Therapy and Motivational Interviewing) which helps people commit to making positive life changes.
- Adolescence is a developmentally rich phase for the identification of values which can aid in forming identity.
- Identification of values can develop motivation and provide direction toward goals.
- Conversations about values can promote understanding and connection.

The Values Cards can be used as a prompt to start important conversations

There is no 'right' or 'wrong' way to use the Values Cards.

Tips to use them effectively include:

- **Focus on personal meaning, not the word.** The same value can mean different things to different people, and that's ok.
- **Stay curious.** Ask open-ended questions.
- **The aim is understanding, not agreement.**
- **Share and compare values - without correction or judgement.**
- **Values are directions, not destinations.** They are about growth, not perfection.

See other activity ideas in the deck of cards or make up your own.