



VISIONARY TOMORROWS

Inspire | Mental Health | Awareness

Building blocks exercise sheet

Our values are our building blocks.

Select all the values from the list that are closest to you.

Feel free to add your own to this list.

Don't spend too much time on it; just mark or write down the ones that fit you most naturally.

Then go through the values you selected and only select the top ones for you to make your previous list shorter.

Then go through those until you have +- your top 5 values.

Knowing our core values is valuable.

They are the building blocks for our everyday lives.



VISIONARY TOMORROWS

Inspire | Mental Health | Awareness

Acceptance
Accountability
Achievement
Adaptability
Adventure
Ambition
Appreciation
Authenticity
Authority
Autonomy
Balance
Beauty
Believe
Belonging
Bravery
Caring
Challenge
Change
Character
Charity
Cheer
Citizenship
Civility
Collaboration
Commitment
Community
Compassion



VISIONARY TOMORROWS

Inspire | Mental Health | Awareness

Competence
Compliments
Compromise
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Courtesy
Creativity
Curiosity
Dedication
Determination
Devotion
Dignity
Discovery
Diversity
Dream
Drive
Education
Efficiency
Empathy
Encouragement
Environment
Equality
Excellence



VISIONARY TOMORROWS

Inspire | Mental Health | Awareness

Exploring
Fairness
Faith
Family
Fitness
Freedom
Friendship
Fun
Future
Generosity
Gratitude
Grit
Growth
Harmony
Health
Honesty
Honour
Hope
Humility
Humour
Imagine
Inclusion
Independence
Initiative
Innovation
Inspiration
Integrity



VISIONARY TOMORROWS

Inspire | Mental Health | Awareness

Intuition

Joy

Justice

Kindness

Knowledge

Laughter

Leadership

Learning

Legacy

Leisure

Listening

Love

Loyalty

Making a difference

Mentoring

Motivation

Nature

Openness

Optimism

Order

Overcoming

Parenting

Passion

Patience

Patriotism

Peace

Perseverance



VISIONARY TOMORROWS

Inspire | Mental Health | Awareness

Power

Pride

Purpose

Recognition

Reliability

Reputation

Resilience

Resourcefulness

Respect

Responsibility

Risk-taking

Safety

Security

Self-discipline

Self-respect

Serenity

Service

Simplicity

Spirituality

Sportsmanship

Stability

Stewardship

Success

Teamwork

Time

Tradition

Travel



VISIONARY TOMORROWS

Inspire | Mental Health | Awareness

Trust

Truthfulness

Understanding

Uniqueness

Usefulness

Vision

Vulnerability

Wealth

Wellbeing

Wholeheartedness

Wisdom

Wonder

Write your own: