

Exploring values, strengths and purpose

Sometimes it is helpful to pause, reflect and reconnect with the things that bring meaning, balance and direction to your life. There are no right or wrong answers – just space for your reflections.

What are my values?

Knowing our values helps us make decisions that feel right for us. Values guide how we live, how we treat others, and how we look after ourselves. They shape what feels meaningful. Tick any that feel important to you or add your own:

- | | | |
|-------------------------------------|---------------------------------------|------------------------------------|
| <input type="checkbox"/> Kindness | <input type="checkbox"/> Health | <input type="checkbox"/> Adventure |
| <input type="checkbox"/> Fairness | <input type="checkbox"/> Creativity | <input type="checkbox"/> Belonging |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Spirituality | <input type="checkbox"/> Love |
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Nature | <input type="checkbox"/> Gratitude |
| <input type="checkbox"/> Family | <input type="checkbox"/> Growth | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Learning | <input type="checkbox"/> Justice | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Fun | <input type="checkbox"/> Community | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Freedom | <input type="checkbox"/> Peace | <input type="checkbox"/> _____ |



My top three values are:

1	2	3
---	---	---

How do I live these values day to day?

Which value do I want to nurture more right now?

CONTINUED

SPIRITUAL WELLBEING

What are my strengths?

Noticing your strengths builds confidence, resilience, and a sense of identity. Strengths are qualities that help us handle challenges, support others, and make a difference. Tick any that feel important to you or add your own:

- | | | |
|----------------------------------------------|-----------------------------------------|--------------------------------------|
| <input type="checkbox"/> Kind | <input type="checkbox"/> Empathetic | <input type="checkbox"/> Team player |
| <input type="checkbox"/> Good listener | <input type="checkbox"/> Practical | <input type="checkbox"/> Patient |
| <input type="checkbox"/> Creative thinker | <input type="checkbox"/> Problem solver | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Organised | <input type="checkbox"/> Encouraging | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Calm under pressure | <input type="checkbox"/> Honest | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Reliable | <input type="checkbox"/> Positive | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Curious | <input type="checkbox"/> Determined | <input type="checkbox"/> _____ |



Which strengths do I use most often?

Which strengths give me energy or joy?

What new or forgotten strengths would I like to use more?

CONTINUED

SPIRITUAL WELLBEING

What is my purpose?

Reflecting on purpose helps you see where your energy and contribution matter most. Purpose is about how we use our values and strengths to create meaning – for ourselves or others. It doesn't have to be big; purpose can show itself in everyday acts of care, creativity, or connection. Tick any that feel important to you or add your own:

- | | |
|------------------------------------------------------------------|----------------------------------------------------------|
| <input type="checkbox"/> Helping or supporting others | <input type="checkbox"/> Exploring faith or spirituality |
| <input type="checkbox"/> Learning or creating | <input type="checkbox"/> Protecting nature or the planet |
| <input type="checkbox"/> Caring for family, friends, or animals | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Making or fixing things | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Working for fairness or positive change | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sharing joy or kindness | <input type="checkbox"/> _____ |



When do I feel most alive, useful, or fulfilled?

Who or what benefits from what I do?

(Optional) If you'd like, write your purpose in one sentence.
Example: "To bring people together and help them feel connected."

CONTINUED

Bringing it all together

Take a moment to look back over everything you've explored. Notice what feels important, surprising, reassuring, or simply true for you.

What feels most meaningful to me after working through this booklet? It can be anything that feels significant – a realization, a feeling, a reminder or something you want more of in your life.

Empty text box for reflection.

What new insights have I gained about myself - from my values, strengths, and purpose?

Empty text box for reflection.

What feels most 'right' or aligned for me at the moment? This might be a direction, a feeling, a priority or a small shift.

Empty text box for reflection.

You can return to these reflections at any time. Insight often grows slowly – you don't need to act on anything right now.