



In Acceptance and Commitment Therapy (ACT), values represent who you want to be as a person, what you stand for and what's important to you.

Let your values act as a lighthouse, guiding your behaviour forward to a flourishing and meaningful life. They will also direct you to safety in the face of emotional storms.

Here's a list of common values. It's by no means exhaustive so be creative and delve into thinking about who you genuinely want to be.

Accepting: to be open and accepting of myself, my partner, things that happen in life.

Adventurous: to be open and free to explore new things, to seek out and embrace new experiences.

Assertive: to respectfully stand up for my rights and to ask for what I want without hesitation, indecision or procrastination.

Authentic: to be authentic, genuine, real and true to myself and others.

Balanced: to balance all parts of myself and the demands of life. To live emotionally well-balanced and even minded.

Beautiful: to appreciate and nurture beauty in myself and others.

Blissful: to feel a sense of joy, happiness, contentment.

Brave: to be courageous and forge ahead in the face of difficulty. To calmly face new experiences and challenges with fear.

Calm: to live life feeling inner calm, peace and contentment.

Caring: to be caring towards myself, my partner and others.

Challenge: to keep challenging myself to grow, learn and improve. To face new learning with enthusiasm and excitement.

Committed: to be committed to myself, and my emotional and physical needs. To be committed to act in the best interests of my partner and family.

Compassionate: to act with kindness towards those around me. To have patience and a desire to see the best for others.

Connected: to engage fully and thoughtfully, to be present and focused on my needs and on the needs of my partner and family.

Contribution: to contribute to the world and to strive to make a positive difference in my own life, and in the lives of my partner and family.

Cooperation: to be cooperative and collaborative, to work as a team player.

Creative: to embrace creativity, innovation, new beginnings and new ways of doing things.

Curious: to be intrigued, open-minded and interested in the world and everything in it. To seek the opinions of others and to enjoy the new experiences.

Dependable: I do what I say I'll do, to act in a way that tells those around me that they will always be able to depend on me.

Disciplined: commitment to something and ensure I stick to action, controlled in behaviour and the way I work.

Discerning: to have and illustrate good judgement.

Empathetic: to have empathy for myself and my partner, to be able to fully understand and share the feelings of others.

Encouraging: to encourage and reward behaviour that I value in myself or others. To be supportive of my partner and to offer statements of encouragement.

Enthusiastic: to view myself, my partner and the world with enthusiasm. To be excited, curious, interested and eager to interact with the world and those in it.

Equality: to treat myself and everyone else with the same high value and regard.

Excitement: to seek, create and be enthusiastic about things that I engage in. To find things as motivating and electrifying.

Expressive: to be able to express myself, my thoughts and needs in clear and descriptive ways.

Fair: to be fair to myself or others. To be able to see a wide range of points of view and to weigh them all up equally.

Family-focused: to put family at the forefront of my attention, to focus on what's good for them and what makes them happy.

Fitness: to maintain or improve my fitness, to look after my physical and mental health and wellbeing.

Flexibility: to be able to adjust to changing circumstances and environments. To be able to see my partner's point of view with openness.

Friendly: to be friendly and agreeable towards others.

Forgiving: to be able to forgive myself and others. To be able to let go of relationship issues, hurts, mistrusts and pain.

Fun: to be fun-loving. To be open to letting myself go and to freely experience light-hearted and enjoyable activities and connection.

Generous: to enjoy giving to myself, my partner and my family.

Grateful: to be grateful for, and to appreciate the positive aspects of myself, my partner and my life.

Honest: to be honest, truthful, and sincere with, and about myself and others.

Humorous: to see the humorous side of life.

Humility: to be humble or modest.

Industry: to be industrious, hard-working, and dedicated.

Independence: to be independent and capable, to choose my own way of doing things.

Intelligent: to feel clever, bright, sharp, quick, insightful or perceptive.

Intimate: to open to closeness and vulnerability within myself and with my partner. To be emotionally and physically connected.

Justice: to uphold justice and fairness and to act in a just way.

Joyful: to focus on having joyful experiences and seeing both my partner and the world in a positive and joyful light.

Kind: to be kind, compassionate, considerate, nurturing or caring towards myself or others.

Loving: to act lovingly or affectionately towards myself and my partner, the think loving thoughts.

Mindful: to be conscious of, open to, and curious about my here-and-now experiences. To stay in the present moment and not in the past or the future.

Nurturing: to take care of others and hold their wellbeing in high regard.

Order: to be orderly, planned, controlled and organized.

Open-mindedness: to think things through, see things from other's points of view, and weigh evidence up fairly and factually.

Patient: to wait calmly for what I want, to be patient with others and myself.

Persistence: to continue resolutely, despite problems or difficulties. To keep forging forward regardless of the resistance.

Pleasure: to create and give pleasure to myself or others.

Positive: to have hope for your future. To see myself, my partner and the world in a positive light.

Powerful: to feel internally safe and in control of my own life. To know that I have the strength to face most things that will come up.

Respectful: to be respectful towards myself or others. To be open, polite, considerate and show positive regard.

Responsible: to be accountable for my actions. To own what is mine to own. To rejoice in my achievements and to fix my own mistakes.

Romantic: to display and express love, to be mindful of the romantic behaviours my partner needs from me. To be intimately considerate and thoughtful.

Self-aware: to be aware of my own thoughts, emotions, feelings and actions.

Self-care: to look after my emotional and psychological health and wellbeing. To acknowledge and act when I need to improve or nurture these.

Self-development: to keep growing physically, emotionally or psychologically. To engage in growth opportunities and experiences.

Self-control: to act in accordance with my own ideals and to be able to moderate when necessary.

Sensual: to create, explore and enjoy experiences that stimulate. Being open to acting with sensuality toward my partner.

Serene: to feel calm, peaceful and tranquil.

Sexual: to explore or express my sexuality.

Spiritual: to connect with things bigger than myself, to find my spiritual path.

Skilful: to continually practice and improve my skills, and apply myself fully when exercising them. To be able to recognise gaps and areas for improvement.

Successful: to feel that I have everything that I wanted, that I have accomplished my desires.

Supportive: to be nurturing, helpful, encouraging, and available to myself or my partner.

Thankful: to appreciate and give thanks for what I have in my life and the person I am.

Thoughtful: to think through things carefully. To think about the needs and desires of others.

Trust: to be trustworthy, loyal, faithful, sincere, and reliable. To trust in myself and in my own abilities.

Uniqueness: to understand that there is no other person on the planet quite like me. I am special in every way and bring this difference into the world.

Valuable: to hold myself and others in high value, regard and respect.

Vitality: to feel excited, energised, enthusiastic and electrified. To have a zest for life.