values A STORY

Once upon a time there was a woman named Abigail who was in love with a man named Gregory. Gregory lived on the shore of a river. Abigail lived on the opposite shore of the river. The river that separated the two lovers was teeming with man eating crocodiles. Abigail wanted to cross the river to be with Gregory. Unfortunately, the bridge had been washed away by a heavy storm the previous evening.

So she went to ask Sinbad, a riverboat captain, to take her across. He said he would be glad to if she would consent to go kiss him before he takes her across. She promptly refused and went to a friend named Ivan to explain her plight. Ivan did not want to be involved at all in the situation. Abigail felt her ony alternative was to accepts Sinbad's terms. Sinbad fulfilled his promise to Abigail and delivered her into the arms of Gregory.

When she told Gregory about her amorous escapade in order to cross the river, Gregory caste her aside with disdain. Heartsick and dejected, Abigail turned to Slug with her tale of woe. Slug, feeling compassion for abigail, sought out Gregory and beat him brutally. Abigail was happy to see Gregory getting his due. As the sun sets on the horizon, we hear Abigail laughing at Gregory.

WHO DO YOU THINK IS MOST AT FAULT OR IN THE WRONG HERE?

List out each character from the worst offender, in your opinion, to the person who is least offensive to you. Once again, there is no right or wrong answer, but the answer you come up with, and why you chose them will give you an indication of your values.

1 (worst)	
2	
3	
4	
5	

values YOUR LIST

Your Values are what is important to you in life. Knowing your values helps you understand what drives you – what you enjoy, inspires you and would like more of. By building a life and lifestyle around your values you create a life that is more satisfying and meaningful for yourself.

Values change over time, and deepen as you understand yourself better – they are always moving. Your values can also be situational - so what is true for you at work may not be true for you at home. Values help inform what you'll stand up for and how you'll interact with the world - which is why the Values Story can be such a fun way to investigate our values!

The values '"List" below is only to give you some ideas of example or sample values. We are each unique, so there will undoubtedly be words that are missing from this list, and different words that sum up your values better. If so, feel free to add those words to the list below.

1. Accomplishment
2. Accuracy
3. Acknowledgement
4. Adventure
5. Authenticity
6. Balance
7. Beauty
8. Boldness
9. Calm
10. Challenge
11. Collaboration
12. Community
13. Compassion
14. Comradeship
15. Confidence
16. Connectedness
17. Contentment
18. Contribution
19. Cooperation
20. Courage
21. Creativity
22. Curiosity
23. Determination
24. Directness
25. Discovery
26. Ease
27. Effortlessness
28. Empowerment
29. Enthusiasm
30. Environment
31. Excellence
32. Fairness
33. Flexibility
34. Focus
35. Forgiveness
36. Freedom
37. Friendship
38. Fun
39. Generosity
40. Gentleness
41. Groundedness
42. Growth
43. Happiness
44. Harmony
45. Health
46. Helpfulness
47. Honesty
48. Honour
49. Humour
50. Idealism
51. Independence
52. Innovation
53. Integrity
54. Intuition
55. Joy
56. Kindness
57. Learning
58. Listening
59. Love
60. Loyalty
61. Optimism
62. Orderliness
63. Participation
64. Partnership
65. Passion
66. Patience
67. Peace
68. Presence
69. Productivity
70. Recognition
71. Respect
72. Resourcefulness
73. Romance
74. Safety
75. Self-Esteem
76. Service
77. Simplicity
78. Spirituality
79. Spontaneity
80. Strength
81. Tact
82. Thankfulness
83. Tolerance
84. Tradition
85. Trust
86. Understanding
87. Unity
88. Vitality
89. Wisdom
90. _____
91. _____
92. _____
93. _____
94. _____
95. _____
96. _____
97. _____
98. _____
99. _____
100. _____