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Values and Beliefs

How values and beliefs shape our rules for living.

Values and beliefs help us develop our rules for living, creating a sense of safety while influencing our behaviour and underpinning our decision-making. We construct our identity and self-concept based on these rules for living, providing us with a manual to navigate away from negative emotions like shame and to lead more fulfilling lives. They also assist us in holding ourselves accountable, and in an ideal world, we would choose to surround ourselves with people whose views align with ours.

Aligning Values with Your Social Circle

Exploring how your values connect with the people around you.

- Do you surround yourself with people who have similar values as yourself? How do you explore being different and curious about how others have developed their value systems?
- Do your values match your family's?
- Does your line of work meet with your value system?
- Does work give you a sense of purpose, and do you believe in your workplace?

Defining Your Personal Compass

Reflecting on the guiding principles that shape your life.

- What are your rules and compass for life? Imagine you are on your death bed — what might you want to share with the world about what you have learnt?

Influence and Origins

Understanding where your beliefs came from and who shaped them.

- Imagine you were an alien and had to describe yourself physically and emotionally. How would you describe yourself, and where did these beliefs come from (parents, education, peers, media)?
- Who influenced your thinking the most while growing up? How do you feel about them now?
- Who has the most control over your thinking now?
- What are your beliefs about the ageing process? What do you look forward to? Are there aspects of your life you would like to have done differently — are you still doing them, what do you need to change?
- How has social media impacted you?
- How does social media shape your thinking?
- How have your values and beliefs posed challenges or advantages throughout your life?



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- Have you had to make your values and beliefs, or have they been set out for you?

*Values are not something to fix.
They are something to understand.*

*With awareness, the rules we live by can become
choices—held with compassion rather than judgement.*