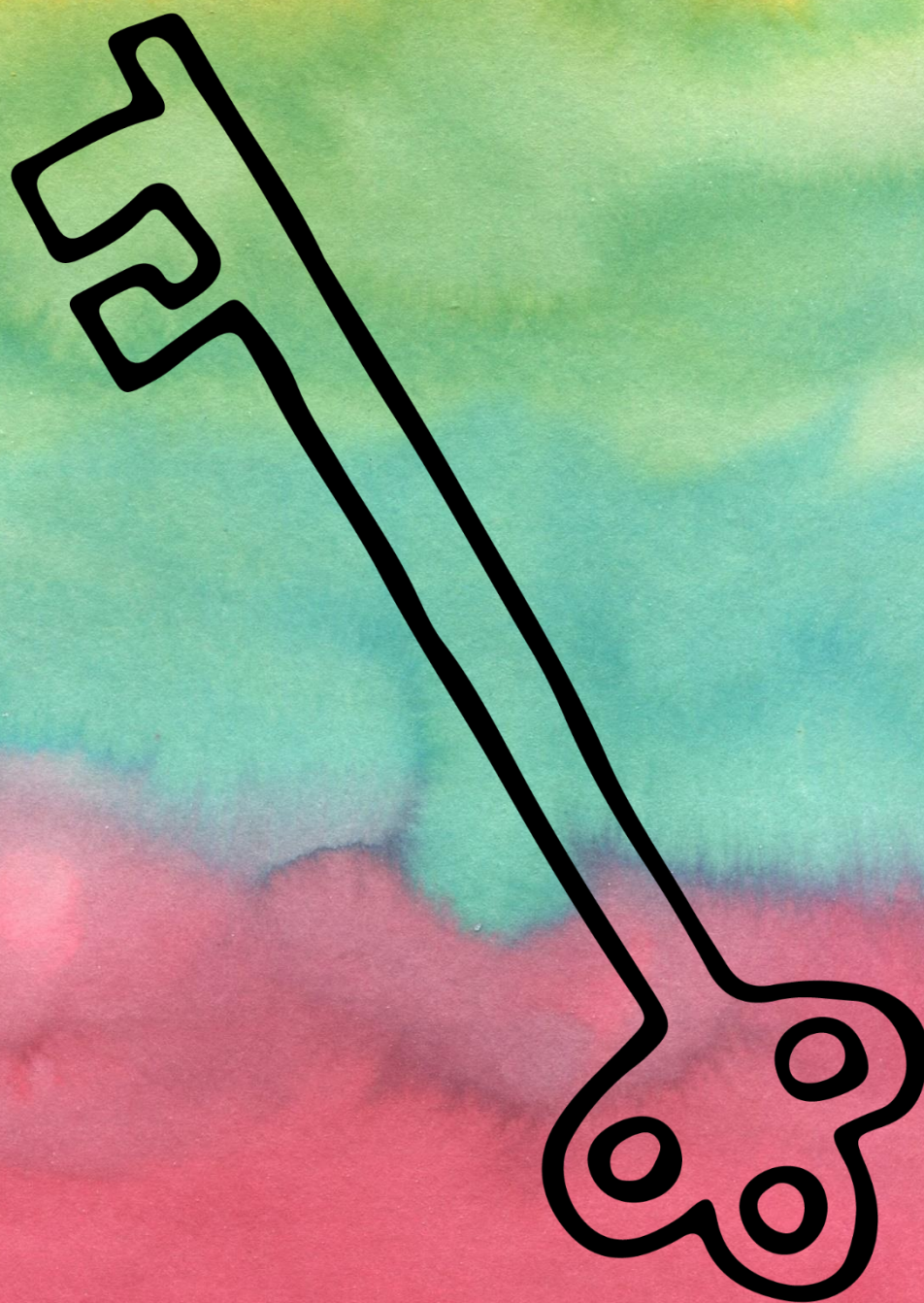


ONTDEK
YOUR STORY



VALUE CARDS

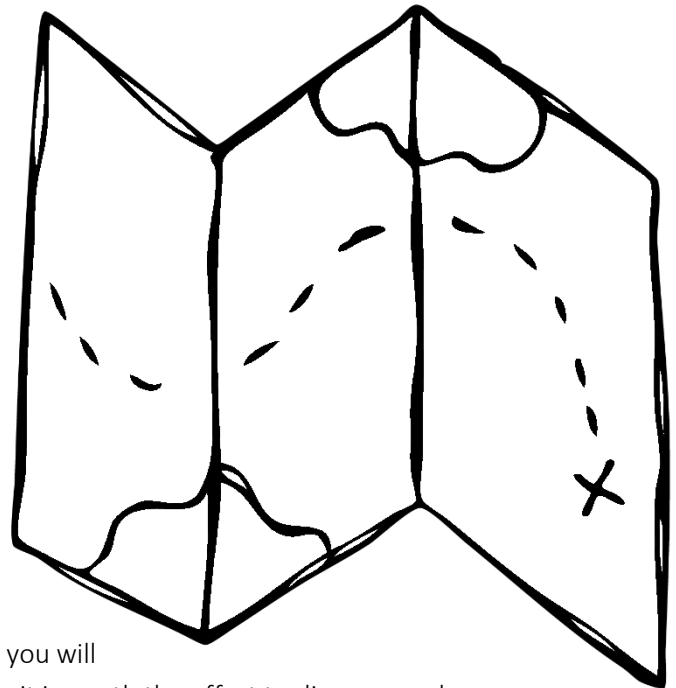
VALUES AND SELF-EMPOWERMENT:

Your values represent the things in life that are the most important to you. Every person has values, whether they are aware of them or not. When you know what your values are, it becomes easier to make choices that bring you peace and happiness because it helps you to define what a fulfilling life will look for you. If you value family, security and comfort, your picture of a fulfilling life will look very different from someone who values money, adventure and status.

Your values can guide your choices to ensure that you are always busy building and shaping a life that reflects your strengths and ideals. Consider the following questions and how your values can guide your answers:

- ❖ What type of work should I do?
- ❖ Should I continue my studies?
- ❖ Should I follow in my parents' footsteps or discover my own path?
- ❖ Should I confront that person or keep quiet?
- ❖ Is this the right life partner for me?

When what you do, say and think reflect your values you will feel content. On the other hand, when your thoughts, words and actions don't reflect your values, you will likely feel unhappy, tired and disappointed. That is why it is worth the effort to discover and define your values and to be guided by them daily.



HOW TO USE ONTDEK VALUE CARDS:

There are two sets of value cards. One with icons and one without. Choose the set that works for you. You also have the option of first working with the set that already has icons and to then draw your own icons on the blank set after you have explored all of the values in more detail.

Pack one set of value cards out in front of you. Choose only 20 and pack the rest away. Of those 20 values, choose 15 that represents you best. Once you have 15, cut them down to 10 values that you feel you cannot live without. Finally, choose only 5 values. Keep these 5 values in a place where you will see them daily. Try to keep these values in mind when you think, speak and act and notice how you feel when you are guided by your values.

IDEAS FOR DEEPER EXPLORATION:

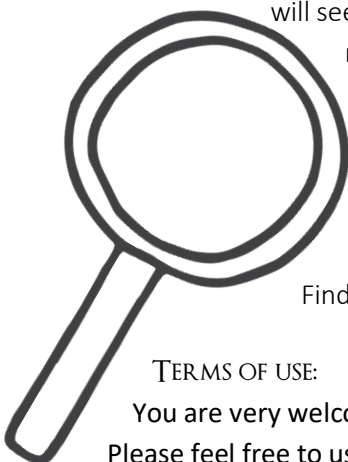
Write a song, poem, eulogy or short story in which your five chosen values feature.

Find or draw an image to represent each of your chosen values.

Find a movement sequence or body posture to represent each of your values.

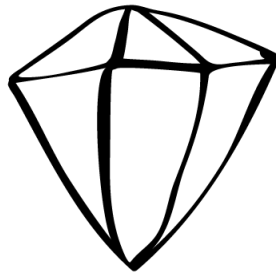
TERMS OF USE:

You are very welcome to use OntdEK value cards for yourself, your children, or your friends. Please feel free to use it as an open resource in your school or organization and feel free to share it with your wider networks! Please do not copy any part of this resource and present it as your own work. Please do not sell the resource.





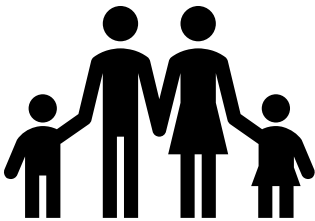
LOVE



WEALTH



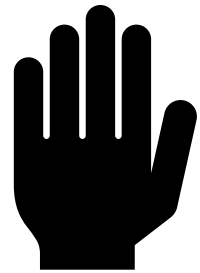
KNOWLEDGE



FAMILY



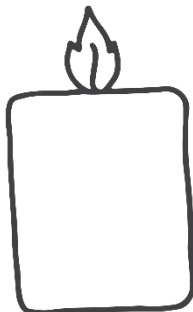
ACHIEVEMENT



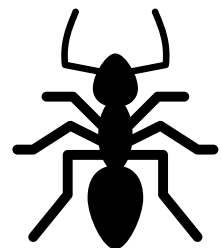
HONESTY



LOYALTY



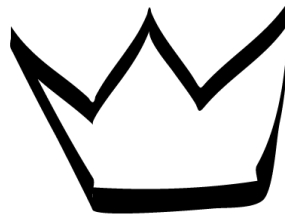
PEACE



HARD WORK



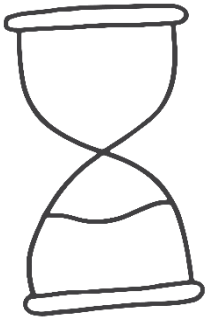
FAITH



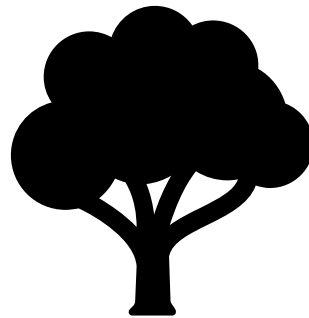
POWER



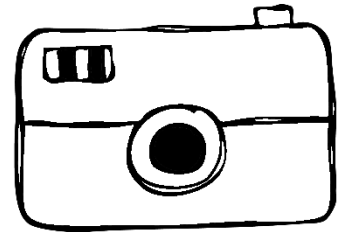
FRIENDS



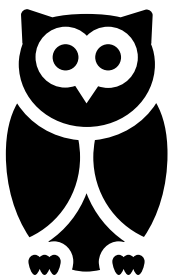
TIME



CALMNESS



BEAUTY



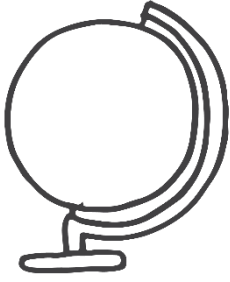
WISDOM



SAFETY



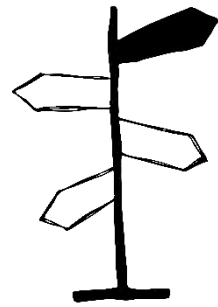
FUN



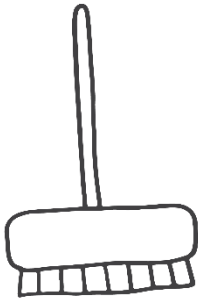
ADVENTURE



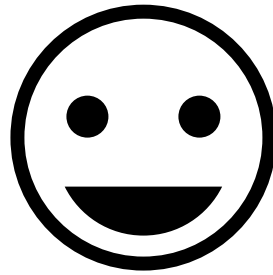
NATURE



FREEDOM



RESPONSIBILY



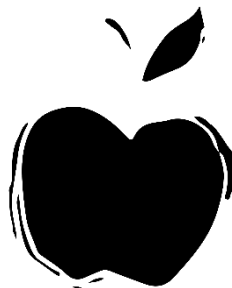
HUMOR



RESPECT



CREATIVITY



HEALTH



DIVERSITY



LOVE



WEALTH



KNOWLEDGE



FAMILY



ACHIEVEMENT



HONESTY



LOYALTY



PEACE



HARD WORK



FAITH



POWER



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