

LIVED EXPERIENCE TELEPHONE SUPPORT SERVICE

Values Cards



1. Print the below values cards & cut them out.
2. Sort them into 3 piles
 - a. Most valued
 - b. Somewhat valued
 - c. Not at all valued
3. Set aside the "somewhat valued" and "not at all valued" cards & try to get your "most valued" pile down to your top 3 values.

****Remember:** values are things that are important & meaningful to you in life. Its important not to think about what you 'should' value, but to think about what is truly important to YOU in your life!



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