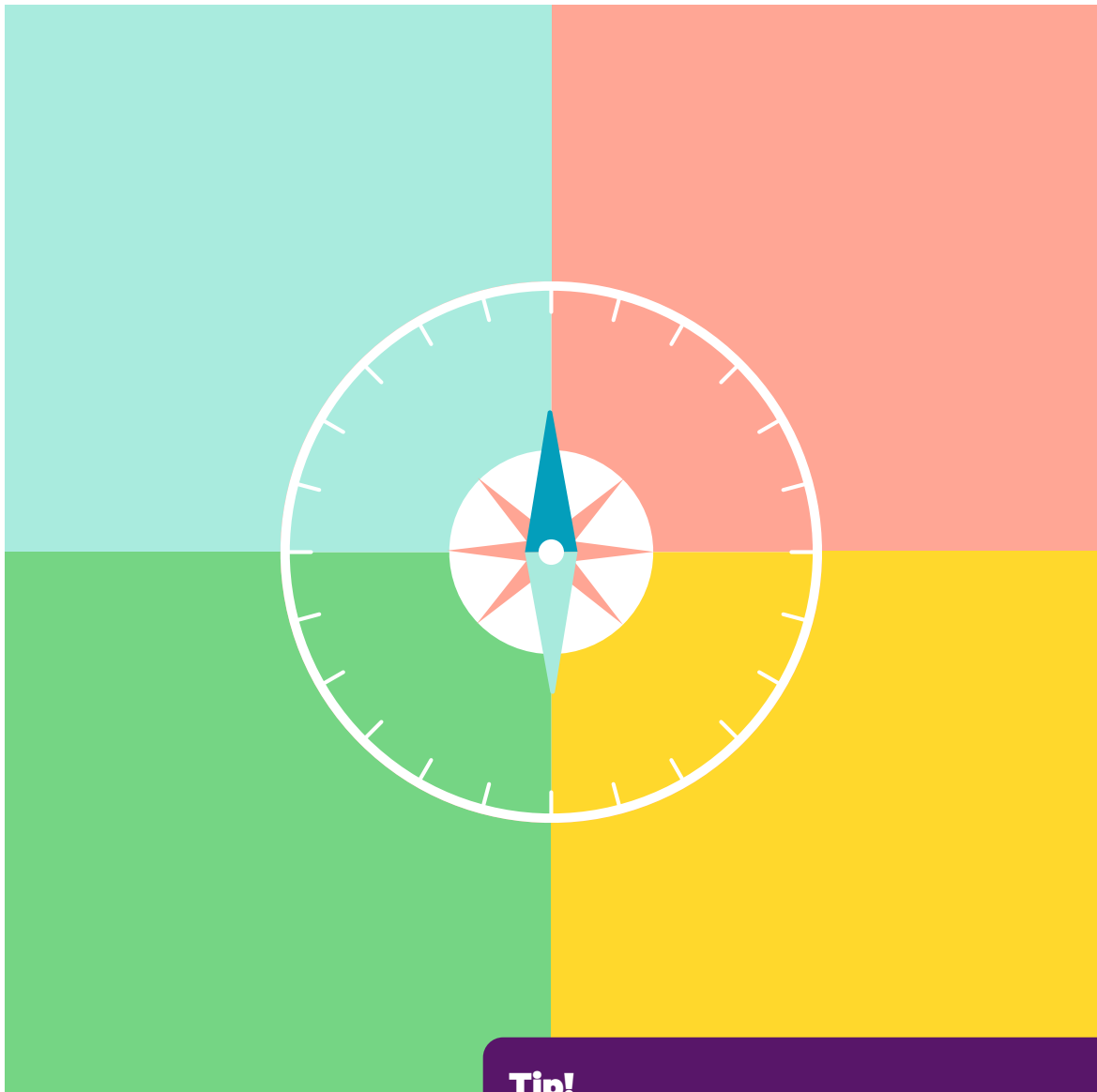


Where to from here?

When we're feeling a little lost and not sure which path we should take, it's always helpful to have a compass. The same thing goes for life! When we're making big decisions, we can use our values as a compass to help guide us in the right direction. If we act in accordance with our values, we're much more likely to feel satisfied and confident with our choices.

Draw your top four values on the compass below and return to it whenever you need a little help making a big decision.



Tip!

Not too sure what your values are? Use the list of values on the following page as a guide and highlight the ones that resonate with you.

Values glossary

Appreciation of beauty & excellence

- Feels awe and wonder in nature
- Admires skills of others
Inspired by the goodness of others

Bravery

- Shows valour
- Accepts challenges
- Faces difficulties
- Speaks up for what's right

Creativity

- Clever
- A problem-solver
- Curious
- Interested
- Open to new ideas

Fairness

- Cares about what's right
- Treats others fairly
- Tries not to be biased against certain groups

Forgiveness

- Gives others a second chance
- Accepts others' faults
- Doesn't hold grudges

Gratitude

- Thankful
- Shows appreciation
- Feels blessed

Honesty

- Tells the truth
- Keeps promises
- Trustworthy

Hope

- Optimistic
- Anticipates the best
- Excited about the future

Humility

- Modest
- Puts attention on others
- Doesn't brag about accomplishments

Humour

- Playful
- Enjoys bringing smiles/laughter to others
- Sees the funny side of things

Judgement

- A critical thinker
- Fact-based and logical
- Open-minded

Kindness

- Caring
- Generous
- Compassionate
- Nice

Leadership

- Encourages others
- Organises groups
- Sets a good example

Love

- Warm and genuine
- Prioritises relationships
- A good listener

Love of learning

- Excited to learn new things
- Masters new skills

Perseverance

- Hardworking
- Overcomes obstacles
- Finishes what is started

Perspective

- Wise
- Gives good advice
- Sees the big picture

Prudence

- Careful
- Plans ahead
- Thinks about consequences before acting

Self-regulation

- Self-controlled
- Disciplined
- Manages feelings and actions

Sense of meaning

- Searches for meaning
- Feels a sense of purpose
- Feels interconnected with life

Social intelligence

- Understands others
- Aware of own feelings and thoughts
- Shows empathy

Teamwork

- Loyal
- A team player
- Shows responsibility to groups

Zest

- Active
- Energetic
- Enthusiastic

VIA Youth 24 Character Strengths 2020.

Found at: <https://www.viacharacter.org/character-strengths>

NAVIGATING UNCERTAINTY & CHANGE

As you think about what next year might look like, whether it's VCE, VCAL, starting TAFE or uni, work or travelling, one thing's for sure, you're facing something new and unknown. Change can bring up a whole range of emotions (e.g. excitement, uncertainty, optimism, impatience, anxiety), all of which are perfectly normal!

Clarifying your personal values can help ground and support you through uncharted territory. You might think of your values as your inner compass - pointing you in your desired direction and helping keep you on track.

VALUES: YOUR INNER COMPASS

So, what exactly are values? Values are your heart's deepest desires for how you want to be in the world. They are what you stand for, as well as how you want to treat yourself, others and the world you live in. For example, your top values might include authenticity, freedom, honesty and contribution. Thinking about what your 'deal breakers' are can help you identify your values. For example, if lying is a deal breaker for you, one of your top values might be honesty.

A few things to note about your personal values:

- **You choose them freely** - values are not chosen for you. While some, or all, of your values may overlap with the values of your family, friends and culture, they also might not - and that is okay! There are no right or wrong values.
- **You feel motivated and inspired by them** - your values are definitely not what you think you 'should' value. They're not an obligation, instead they represent what you believe.
- **Values are about ongoing action** - your values speak to how you want to act in the world on an ongoing basis. They guide you in the direction you want to move; they're not a final destination.

TRY IT

Not too sure what your top values are?

- Give the [Values in Action youth survey](#) a go to develop your understanding of what's important to you.

REFLECT

- What are your top three values? Why are these particularly important to you?
- How do your values make you feel?
- How might your values help you navigate the coming months?

WANT MORE? CHECK THESE OUT!

Susan David talking about how values can help us make difficult decisions - https://www.ted.com/talks/checking_in_with_susan_david_what_do_you_value

Jan Stassen Ted Talk on why values matter - <https://www.youtube.com/watch?v=a1Fc6nwpk>

CHECK OUT THE FEELING IT SERIES HERE!



Web app link:
<https://app.smilingmind.com.au/programs/78>

Smiling Mind app location:
All programs > Youth > Feeling It

WHERE TO FIND SUPPORT

Immediate danger

If you're in a life-threatening situation and need immediate help call 000

Want to talk to someone?

Your school

- Reach out to a teacher or wellbeing coordinator at your school

During business hours

If you're having difficulty coping during business hours you can also contact:

- Headspace <https://headspace.org.au>
- A local GP to arrange an appointment with them that day

Available 24 hours every day

If you're in crisis or are having difficulty coping call one of the following services, both of which are available 24 hours a day, 7 days a week:

- Lifeline 13 11 14
- Kids Helpline 1800 551 800