**Values and Beliefs to Positive Behaviours**

Our personal values shape our experience of the world.So I pose this question to you, what if your own values and beliefs are holding you back from moving forward?

Let's take this time to explore your top 6 values and beliefs in more detail and find practical ways of using these to improve your lives.

| Values and Beliefs | Positive Practical ways to demonstrate this value or belief? |
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Everyone has different values and beliefs and that adds to the richness of life, here are some examples of different values and beliefs for you to consider, there are plenty more which maybe best suited to you.

| Dependability | Reliability | Loyalty |
| --- | --- | --- |
| Commitment | Consistency | Honesty |
| Efficiency | Positivity | Trustworthy |
| Motivated | Innovative | Caring |
| Truthful | Optimistic | Fun |
| Passionate | Respectful | Resilience |

Burnout to Bold by Marie Jenkins is part of Advance your Wellbeing Ltd

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