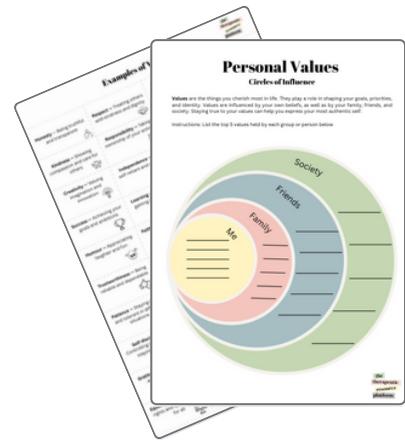


Circles of Influence: Discovering Your Values

Instruction page



1 Activity Type

Age: 5-18+

Participation Style:
1-1 activity
Group activity - individual play

Theme:
Reflective, mindful

Challenge Level
EASY

Resource Format:
Interactive activity
Conversation cues
PDF interactive conversion tool

2 General Activity Info

This activity helps participants explore their core values and understand how different influences—such as society, friends, family, and themselves—shape these values. By identifying and comparing values from these different "circles of influence," participants gain insight into what matters most to them, where their values align or differ, and how they can stay true to their authentic selves.

3 Materials Needed

- A printed and laminated copy of the resource.

4 Step by Step Instructions

1. Introduction (5 mins)

Briefly explain what values are and why they matter. Highlight how our values guide decisions and behaviours, and how they are shaped by different influences.

2. Present the Circles of Influence (5 mins)

Explain the four groups:

- Society (culture, media, community)
- Friends
- Family
- Myself (personal beliefs and experiences)

3. Listing Values (10-15 mins)

Give participants a worksheet template with four sections labelled for each group. Ask them to list their top 5 values for each circle. There are some examples below that could be cut out and placed in the sections. Encourage participants to be honest and thoughtful.

4. Reflect and Compare (10 mins)

Invite participants to look at their lists and notice:

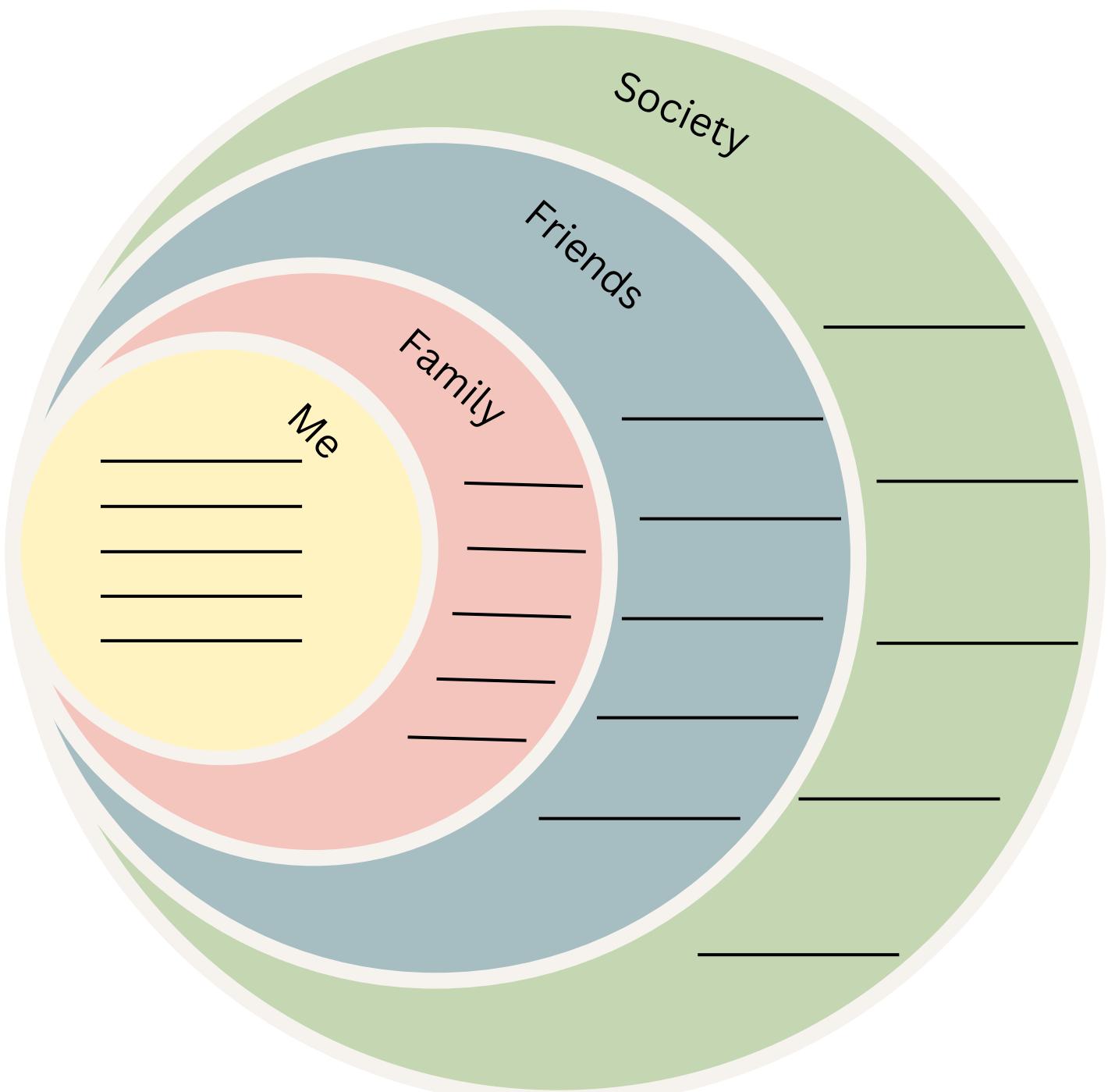
- Which values appear across multiple groups?
- Which values differ significantly?
- Are there any values they want to prioritise more in their life?

Personal Values

Circles of Influence

Values are the things you cherish most in life. They play a role in shaping your goals, priorities, and identity. Values are influenced by your own beliefs, as well as by your family, friends, and society. Staying true to your values can help you express your most authentic self.

Instructions: List the top 5 values held by each group or person below



Examples of Values

Honesty – Being truthful and transparent 	Respect – Treating others with kindness and dignity 	Loyalty – Standing by friends and family through thick and thin 	Freedom – Having the ability to make your own choices 
Kindness – Showing compassion and care for others 	Responsibility – Taking ownership of your actions 	Courage – Facing challenges even when afraid 	Fairness – Believing in justice and equality 
Creativity – Valuing imagination and innovation 	Independence – Being self-reliant and confident 	Family – Prioritising close family relationships 	Friendship – Valuing meaningful connections with friends 
Success – Achieving your goals and ambitions 	Learning – Growing and gaining new knowledge 	Health – Taking care of your body and mind 	Peace – Seeking calm and harmony in life 
Humour – Appreciating laughter and fun 	Faith – Having spiritual or religious beliefs 	Gratitude – Appreciating what you have 	Generosity – Willingness to give and share with others 
Trustworthiness – Being reliable and dependable 	Compassion – Deep empathy and caring for others' suffering 	Adventure – Seeking new experiences and challenges 	Justice – Standing up for what is right and fair 
Patience – Staying calm and tolerant in difficult situations 	Ambition – Striving for personal growth and achievement 	Optimism – Maintaining a positive outlook on life 	Tolerance – Accepting differences in others 
Self-discipline – Controlling impulses and staying focused 	Environmentalism – Caring for the planet and nature 	Authenticity – Being true to yourself 	Harmony – Valuing peaceful relationships and balance 
Gratitude – Recognising and appreciating blessings 	Innovation – Embracing change and new ideas 	Generosity – Giving time, resources, or kindness freely 	Forgiveness – Letting go of grudges and resentment 
Equality – Belief in equal rights and opportunities for all 	Security – Seeking safety and stability in life 	Wisdom – Valuing knowledge and good judgment 	Fun – Enjoying life and having a good time 