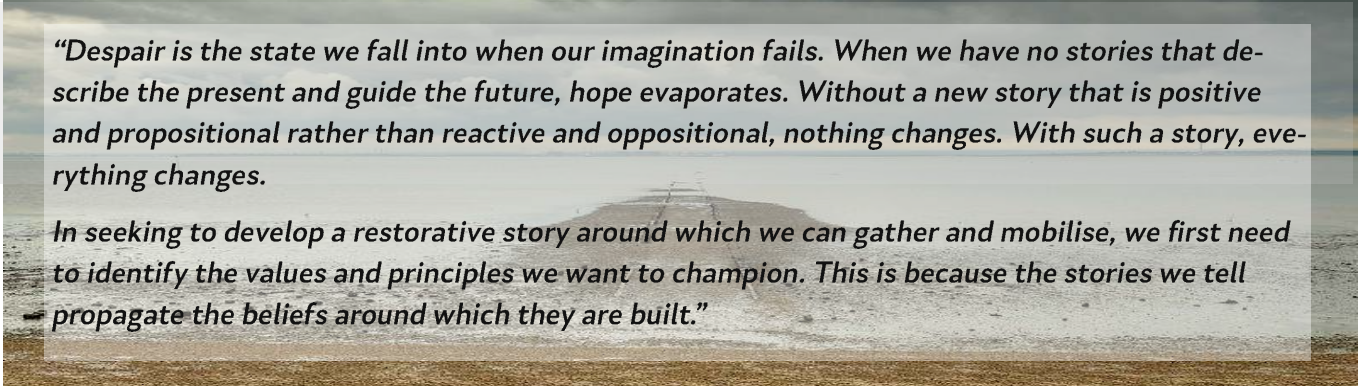


Over the last five years T100 has become a new story for Thurrock, one of the sources of inspiration has come from George Monbiot's Book 'Out of the Wreckage'.



We're asking you to reflect on your own values. We'll do the same with a guiding set of principles. These will be reviewed collectively in October, to arrive at a shared set of values and principles.

Your Values represent what's important to you in life. Knowing your Values helps you understand what drives you, what you enjoy, what inspires you and what you'd like more of. By building a life & lifestyle around our values we create a life that is satisfying and meaningful to us.

Circle all the values that are important to you. Reflect and then choose your top five.

Accomplishment	Courage	Fun	Listening	Simplicity
Accuracy	Creativity	Generosity	Love	Spaciousness
Acknowledgement	Curiosity	Gentleness	Loyalty	Spirituality
Adventure	Determination	Growth	Optimism	Spontaneity
Authenticity	Directness	Happiness	Orderliness	Strength
Balance	Discovery	Harmony	Participation	Tact
Beauty	Ease	Health	Partnership	Thankfulness
Boldness	Effortlessness	Helpfulness	Passion	Tolerance
Calm	Empathy	Honesty	Patience	Tradition
Challenge	Empowerment	Honour	Peace	Trust
Collaboration	Enthusiasm	Humour	Presence	Understanding
Community	Environment	Idealism	Productivity	Unity
Compassion	Excellence	Independence	Recognition	Vitality
Comradeship	Fairness	Innovation	Respect	Wisdom
Confidence	Flexibility	Integrity	Resourcefulness	_____
Connectedness	Focus	Intuition	Romance	_____
Contentment	Forgiveness	Joy	Safety	_____
Contribution	Freedom	Kindness	Self-Esteem	_____
Cooperation	Friendship	Learning	Service	_____

Remember: When it comes to our Values, there is no right or wrong - only who WE are!

