



## INFORMATION SHEET

### What does it mean to live a values-driven life?

You may have heard about the importance of living a values-driven life, but what exactly does that mean? As most of us are not taught how to identify our values at school, how do we even begin to figure out what our values really are?

In Acceptance and Commitment Therapy (ACT) - a mindfulness-based behavioural therapy - values refer to what gives our life meaning. They are not goals to be checked off a list, but ongoing directions that guide our choices and actions. Values are deeply personal—they are not what others expect of us, or what we think we “should” value. They reflect what matters to us on a deeper level.

### Why values matter

Research shows that knowing, connecting with and making decisions based on your values can help reduce stress and increase wellbeing. In overwhelming or difficult moments, contemplating your core values can help you remain steady and make confident, values-guided decisions.

### The empowering benefits of values-based living

#### 1. Greater fulfilment and meaning

When your life reflects what matters most to you—for example: compassion, dignity, honesty or family—you can feel more fulfilled and that your contributions matter. This sense of meaning can help to sustain you through challenges.

#### 3. Authentic Relationships

Living in alignment with your values can help build inner strength. It can fuel motivation, help you bounce back from setbacks and protect against burnout.

#### 2. Enhanced resilience and wellbeing

Values-based living fosters trust and authenticity in your relationships—with those you care for, your colleagues and your family. When you communicate and act from your core beliefs, you create deeper, more meaningful connections.

#### 4. Clearer decision-making

Life often involves making difficult choices. Your values can serve as a reliable touchstone, helping you make decisions that you can stand by, even in the face of uncertainty or external pressure.

### The courage to live authentically

Living according to your values is an act of courage and self-compassion. It means sometimes saying “no” to what’s expected, so you can say “yes” to what truly matters. It means showing up as your authentic self, even when it’s hard. And it means trusting that by honouring your values, you are not only caring for others—you are caring for yourself. One could even say that we have the privilege and responsibility to model values-based living. When we do, we inspire those around us to do the same, creating ripples of authenticity and resilience.

**Want help identifying your values?**  
Check out our [card sort exercise](#).

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