INSTRUCTIONS

1. **Choose a value** that's most important for you. See the Values Guide for Individuals (direct download) for top tips on how to do this.

2. **Act on the value:** Do something NOW that brings your value passionately to life – something challenging, creative, fun. See the Values Guide or page 4 of this document for some inspiration.

3. **Print** off page 2 of this document (or page 3 for a group) **and share** on social media what you've done or plan to do, with #worldvaluesday. If you can't print it, just write it on some paper and take a selfie with that!

4. **Pass it on:** Nominate at least one other person – family, friend or colleague – to do the same. Send them this document!

I VALUE...

SO I...

#WorldValuesDay

WORLD VALUES DAY 2017

October 19th, 2017

www.worldvaluesday.com

WE VALUE...

SO WE...

#WorldValuesDay

WORLD VALUES DAY 2017

October 19th, 2017

www.worldvaluesday.com

ACTING ON YOUR VALUE

Values are for acting on! We're encouraging as many people to perform an action on World Values Day as possible. Although you don't have to wait until October 19th – you can make a start today and keep going through World Values Day and beyond. Here's some examples of what you could pledge to do:

Kindness: You could vow to let others take the last seat on the bus. You could pledge to watch out for those in urgent need and help, as simple as holding the door for someone struggling with bags or a buggy, or giving up your place in a queue.

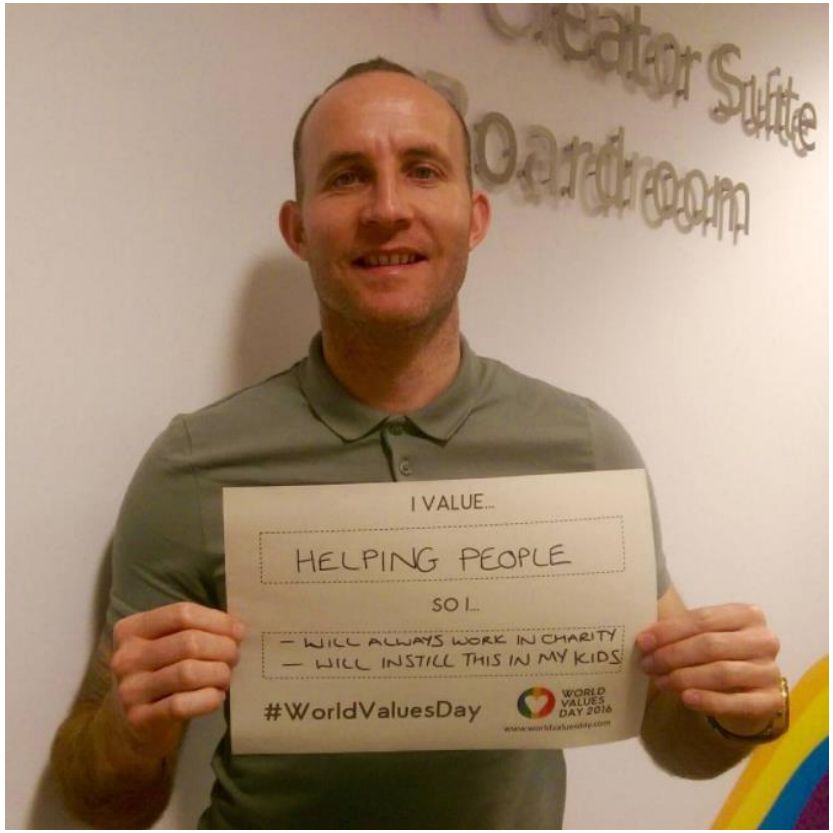
Appreciation: You could decide to smile and thank one person every day for something they do. You could write notes of gratitude to family and friends either on social media, in a text, or write a letter.

Responsibility: You could pick one thing every week to buy more responsibly. You could nurture a new plant. You could think about three things you'd like to be take more care of in your personal or work life.

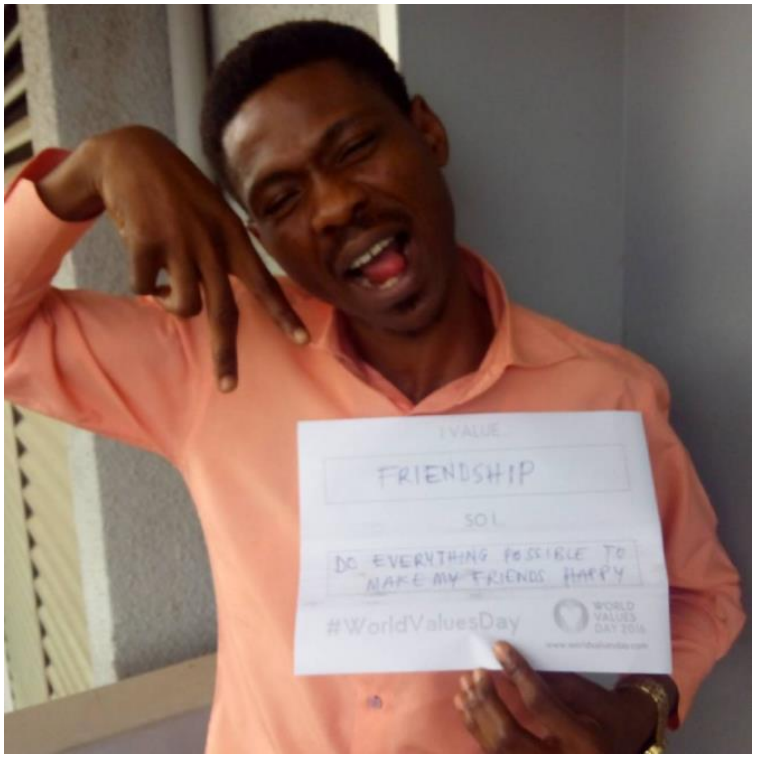
CIPD
@CIPD

We value People... so we give people a meaningful voice on matters that affect them. #WorldValuesDay is tomorrow - get involved @ValuesDay

I VALUE...
#HAPPINESS
SO I...
#WorldValuesDay
AIESEC


I VALUE...
HELPING PEOPLE
SO I...
- WILL ALWAYS WORK IN CHARITY
- WILL INSTILL THIS IN MY KIDS
#WorldValuesDay

I VALUE
POSITIVITY
SO I
SEE THE BEST IN SITUATIONS
WORLD VALUES DAY 2016
I VALUE
INTEGRITY
SO I
WORLD VALUES DAY 2016
I VALUE
Acceptance
SO I
won't judge.
WORLD VALUES DAY 2016
www.worldvaluesday.com
I VALUE...
HEALTH +FITNESS
SO I...
WILL LOOK AFTER MY BODY
#WorldValuesDay


I VALUE
FRIENDSHIP
SO I
DO EVERYTHING POSSIBLE TO MAKE MY FRIENDS HAPPY
#WorldValuesDay
WORLD VALUES DAY 2016