

# TAKE A 'VALUES BREAK' ON WORLD VALUES DAY

**This World Values Day, find a few minutes to do something important by taking a 'Values Break'.**

Take some time to think about your values and decide on one value that you could live more effectively in your daily life, to support your wellbeing.

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Find a few minutes to wind down, clear your mind and think about the values that are important to you and your wellbeing. For some suggestions on which values you could think about, take a look at our Take a Values Break Guide.



Identify a value that is really important to you and reflect on whether you are really living that value, both in relation to yourself and to others. Read some examples in our Take a Values Break Guide.



Think of a way to put that value into action and make it a bigger part of your life. Keep it as simple and practical as you can. Then tell the world! Share on social with #WorldValuesDay - use images, gifs, or take a selfie with our pre-made template during or after the action.

#worldvaluesday