

Your menopause values

Circle ten values that you most identify with and then reduce that to five; if you absolutely can't reduce it to five, keep those that are really important to you. Write them down, incorporate them in your affirmations or do something creative with them, returning to them whenever you need to gain clarity and connect with yourself.

Abundance	Determination	Kindness	Resilience
Acceptance	Diversity	Knowledge	Resourcefulness
Accountability	Empathy	Leadership	Respect
Achievement	Encouragement	Learning	Responsibility
Adventure	Enthusiasm	Love	Responsiveness
Advocacy	Equality	Loyalty	Safety
Ambition	Ethics	Making a difference	Security
Appreciation	Excellence	Mindfulness	Self-control
Attractiveness	Expressiveness	Motivation	Selflessness
Autonomy	Fairness	Open-mindedness	Self-respect
Awareness	Family	Openness	Sensitivity
Balance	Flexibility	Optimism	Simplicity
Being the best	Forgiveness	Originality	Spirituality
Benevolence	Freedom	Passion	Stability
Boldness	Friendships	Patience	Strength
Brilliance	Fun	Peace	Success
Calmness	Generosity	Perfection	Supportive
Caring	Gentleness	Performance	Thankfulness
Challenge	Grace	Playfulness	Thoughtfulness
Charity	Growth	Popularity	Traditionalism
Cheerfulness	Happiness	Power	Trustworthiness
Collaboration	Health	Practicality	Truth
Commitment	Honesty	Preparedness	Understanding
Compassion	Humility	Proactivity	Uniqueness
Consistency	Humour	Professionalism	Usefulness
Contribution	Inclusiveness	Punctuality	Versatility
Cooperation	Independence	Purpose	Vision
Creativity	Individuality	Quality	Vulnerability
Credibility	Innovation	Recognition	Warmth
Curiosity	Inspiration	Relationships	Wealth
Daring	Integrity	Reliability	Well-being
Decisiveness	Intelligence		Wisdom
Dedication	Intuition		Zeal
Dependability	Joy		