

Veteran Values Questionnaire

*Adapted from Russ Harris, 2021 www.ImLearningACT.com

Values are your deepest guiding principles—what truly matters to you about the way you live and act. They are not about what you want to achieve or possess but rather about how you want to behave on an ongoing basis.

Military service shapes values such as discipline, loyalty, and resilience. In new environments other values may also be important meaning transitioning to civilian life may require reevaluating which values guide you now. This questionnaire helps clarify your values and how they influence your next steps.

Instructions:

Below is a list of values, many of which may resonate with your military experience and transition to civilian life. Read through and mark each value with:

- **V** = Very important
- **Q** = Quite important
- **N** = Not so important

Ensure that at least ten values are marked as **Very Important (V)**.

Values & Definitions

Value

Acceptance	Being open to and accepting of yourself, others, and life's changes.
Adventure	Seeking new challenges, experiences, and growth.
Assertiveness	Standing up for yourself and respectfully voicing your needs and beliefs.
Authenticity	Being genuine and staying true to yourself, even outside the military.
Camaraderie	Building strong, trusting connections with others.
Challenge	Continuously striving for growth, learning, and improvement.
Compassion	Showing kindness and understanding towards yourself and others.

Contribution	Making a positive difference—whether through work, family, or community service.
Courage	Facing fears, difficulties, and uncertainty with strength.
Discipline	Maintaining structure, order, and self-control.
Fairness	Treating others with justice and respect, upholding strong ethics.
Family	Prioritising relationships with loved ones and supporting their well-being.
Fitness	Taking care of your physical and mental health.
Freedom	Embracing personal choice and independence after military life.
Humility	Recognising strengths and limitations without arrogance.
Integrity	Acting in alignment with your principles and ethical standards.
Leadership	Inspiring and guiding others through example and influence.
Loyalty	Staying committed to people, principles, or organisations that matter to you.
Mindfulness	Being present in the moment and aware of your thoughts and actions.
Order	Maintaining structure and organisation in life.
Patience	Allowing yourself time to adjust and grow in new circumstances.
Persistence	Pushing forward despite obstacles or setbacks.
Respect	Treating yourself and others with dignity and consideration.
Responsibility	Holding yourself accountable for your actions and choices.
Self-awareness	Understanding your thoughts, emotions, and behaviours.
Service	Continuing to serve a purpose, whether through work, volunteering, or mentoring.
Trust	Building reliability in yourself and giving it to others.

Insert additional values that are meaningful to you:
