



**INFORMING  
FUTURES**

1625 Independent People

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## HOW TO USE THE VALUES CARDS

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This resource is part of the Informing Futures toolkit. It was co-created with young people, and reflects what they felt practitioners most needed to understand in order to work successfully with care and custody experienced young people.

For more information or queries on any of the topics covered in this toolkit, or to find out about training and consultancy we can offer please contact [enquiries@1625ip.co.uk](mailto:enquiries@1625ip.co.uk).

Special thanks to all the young people who took part in YPIL directly or supported our research for these resources: Ahmed, Alexis, Ashraf, Curtis, Ethan, John, Michael, Nikita, Rowen, Tia-Louise, & Tyler-Jack.

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# HOW TO USE THE VALUES CARDS

Go through the cards and put them into 3 piles:

- Important
- Not so important
- Not at all important

Take the “important” pile and lay them out face up.

The aim here is to reduce them to the 2, 3 or 4 MOST important. These are likely to be your Life Values.

You might merge some of the cards as they are very similar or are closely related.

Once you have identified your Life Values, consider the Value card and ask yourself e.g. “In what way...?” or “What is it about this...?” For example, if you have chosen “Environment” – ask yourself what is it about the environment that is important to you. Enjoying? Photographing? Conserving? Protecting? How do you do that?

Some cards may, for you, fit together e.g. “Protecting” and “Environment”.

You can change the name of the Life Value to best fit your own life – choose your own words. E.g. “Conservation”, “Keeping the woods clean” or “Gardening”.

Identify goals or steps to help you move towards your chosen Life Value, your life direction to create a more purposeful and enriching life.