

# Example Values

- **Acceptance:** to be open to and accepting of myself, others, life etc
- **Adventure:** to be adventurous; to actively seek, create, or explore novel or stimulating experiences
- **Assertiveness:** to respectfully stand up for my rights and request what I want
- **Authenticity:** to be authentic, genuine, real; to be true to myself
- **Beauty:** to appreciate, create, nurture or cultivate beauty in myself, others, the environment etc
- **Caring:** to be caring towards myself, others, the environment etc
- **Challenge:** to keep challenging myself to grow, learn, improve
- **Compassion:** to act with kindness towards those who are suffering
- **Connection:** to engage fully in whatever I am doing, and be fully present with others
- **Contribution:** to contribute, help, assist, or make a positive difference to myself or others
- **Conformity:** to be respectful and obedient of rules and obligations
- **Cooperation:** to be cooperative and collaborative with others
- **Courage:** to be courageous or brave; to persist in the face of fear, threat, or difficulty
- **Creativity:** to be creative or innovative
- **Curiosity:** to be curious, open-minded and interested; to explore and discover
- **Encouragement:** to encourage and reward behaviour that I value in myself or others
- **Equality:** to treat others as equal to myself, and vice-versa
- **Excitement:** to seek, create and engage in activities that are exciting, stimulating or thrilling
- **Fairness:** to be fair to myself or others
- **Fitness:** to maintain or improve my fitness; to look after my physical and mental health and wellbeing
- **Flexibility:** to adjust and adapt readily to changing circumstances
- **Freedom:** to live freely; to choose how I live and behave, or help others do likewise
- **Friendliness:** to be friendly, companionable, or agreeable towards others
- **Forgiveness:** to be forgiving towards myself or others
- **Fun:** to be fun-loving; to seek, create, and engage in fun-filled activities
- **Generosity:** to be generous, sharing and giving, to myself or others
- **Gratitude:** to be grateful for and appreciative of the positive aspects of myself, others and life
- **Honesty:** to be honest, truthful, and sincere with myself and others
- **Humour:** to see and appreciate the humorous side of life
- **Humility:** to be humble or modest; to let my achievements speak for themselves
- **Industry:** to be industrious, hard-working, dedicated
- **Independence:** to be self-supportive, and choose my own way of doing things
- **Intimacy:** to open up, reveal, and share myself -- emotionally or physically -- in my close personal relationships
- **Justice:** to uphold justice and fairness
- **Kindness:** to be kind, compassionate, considerate, nurturing or caring towards myself or others
- **Love:** to act lovingly or affectionately towards myself or others
- **Mindfulness:** to be conscious of, open to, and curious about my here-and-now experience
- **Order:** to be orderly and organized
- **Open-mindedness:** to think things through, see things from other's points of view, and weigh evidence fairly.
- **Patience:** to wait calmly for what I want
- **Persistence:** to continue resolutely, despite problems or difficulties.
- **Pleasure:** to create and give pleasure to myself or others
- **Power:** to strongly influence or wield authority over others, e.g. taking charge, leading, organizing
- **Reciprocity:** to build relationships in which there is a fair balance of giving and taking
- **Respect:** to be respectful towards myself or others; to be polite, considerate and show positive regard
- **Responsibility:** to be responsible and accountable for my actions **Romance:** to be romantic; to display and express love or strong affection
- **Safety:** to secure, protect, or ensure safety of myself or others
- **Self-awareness:** to be aware of my own thoughts, feelings and actions
- **Self-care:** to look after my health and wellbeing, and get my needs met
- **Self-development:** to keep growing, advancing or improving in knowledge, skills, character, or life experience.
- **Self-control:** to act in accordance with my own ideals
- **Sensuality:** to create, explore and enjoy experiences that stimulate the five senses
- **Sexuality:** to explore or express my sexuality
- **Spirituality:** to connect with things bigger than myself
- **Skilfulness:** to continually practice and improve my skills, and apply myself fully when using them
- **Supportiveness:** to be supportive, helpful, encouraging, and available to myself or others
- **Trust:** to be trustworthy; to be loyal, faithful, sincere, and reliable