

## What are your values?

The list of values below is not exhaustive, but it's designed to get you thinking about your own. Which values on the list are most important to you? Pick your top three and if something comes to mind that is not on the list, write it down.

Acceptance	Faith/Religion	Mindfulness
Accountability	Family	Nature
Adventure	Freedom	Openness
Art or Music	Friendship	Patience
Athletics	Fun	Peace/Non-violence
Celebration	Generosity	Personal Growth
Challenge	Gratitude	Pets/Animals
Collaboration	Happiness	Politics
Commitment	Hard Work	Positive Influence
Community	Harmony	Practicality
Compassion	Health	Problem-Solving
Competence	Helping Others	Reliability
Cooperation	Honesty	Resourcefulness
Courage	Honour	Self-Compassion
Creativity	Humour	Self-Reliance
Curiosity	Independence	Simplicity/Thrift
Discipline	Innovation	Strength
Discovery	Integrity	Tradition
Efficiency	Interdependence	Trust
Enthusiasm	Joy	Willingness
Equality	Leadership	Wisdom
Ethical Action	Lifelong Learning	
Excellence	Love	
Fairness	Loyalty	

