

# Values

Rate the following values from 1 to 10.

After you have rated them all, place a star next to the values that you rate the highest.

If you want, you can add more values at the bottom.

## Rating

1 - not important

5 - kind of important

10 - very important

<b>Optimism</b>   expecting a good outcome	
<b>Empathy</b>   understanding and sharing the feelings of another	
<b>Gratitude</b>   being thankful	
<b>Humility</b>   having a modest view of your own importance	
<b>Humble</b>   not proud or arrogant	
<b>Curious</b>   eager to know or learn	
<b>Tolerant</b>   allowing the existence of opinions you don't agree with	
<b>Respectful</b>   showing consideration for someone or something	
<b>Creative</b>   using imagination to create something	
<b>Family</b>   a group living together or connected to each other	
<b>Pride</b>   pleasure and delight for what you have done or who you are	
<b>Spirituality</b>   relating to the spirit or soul	
<b>Balance</b>   balance between different areas of wellbeing	
<b>Health</b>   being well physically, mentally and socially	
<b>Physically fit</b>   being well and active physically	
<b>Honesty</b>   being truthful and sincere	
<b>Non-judgemental</b>   not judging a person or opinion	
<b>Māramatanga</b>   new understanding	
<b>Kindness</b>   being friendly, generous and considerate	
<b>Growth</b>   increasing understanding, wellbeing or knowledge	
<b>Culture</b>   connecting with ideas, customs and social behaviour of a people	
<b>Cooperation</b>   people working towards a common goal	
<b>Whanaungatanga</b>   a sense of belonging and connection	
<b>Loyalty</b>   feeling of support or allegiance	
<b>Social justice</b>   everyone deserves equal rights and opportunities	
<b>Respect</b>   treating others with dignity	
<b>Kaitiakitanga</b>   caring for the environment	
<b>Charity</b>   providing services for social good	
<b>Forgiveness</b>   deliberate decision to release feelings of harm towards you	

	<b>Rating</b> 1 - not important 5 - kind of important 10 - very important
<b>Human rights</b>   rights inherent to everyone such as freedom from slavery	
<b>Equality</b>   being equal in status, rights and opportunities	
<b>Social obligations</b>   something everyone agrees	
<b>Consideration of others</b>   pleasure and delight for what you have done or who you are	
<b>Individualism</b>   being self reliant	
<b>Collectivism</b>   having or working towards collective goals	
<b>Resilient</b>   recovering from difficult situations	
<b>Dignified</b>   worthy of respect	
<b>Responsibility</b>   duty for something	
<b>Fun</b>   enjoyment, light-hearted pleasure	
<b>Sustainability</b>   maintaining ecological balance	
<b>Authenticity</b>   being genuine or real	
<b>Wisdom</b>   having experience, knowledge or good judgement	
<b>Achievement</b>   something done with effort, skill or courage	
<b>Success</b>   completing an aim on purpose	
<b>Determination</b>   being firm on purpose	
<b>Openness</b>   being receptive to new ideas and experiences	
<b>Peace</b>   freedom from disturbances	
<b>Pleasure</b>   something that gives enjoyment, happiness or satisfaction	
<b>Religion</b>   belief in a higher power	
<b>Vulnerability</b>   being honest and open about ourselves	
<b>Nurturing</b>   caring for other people	