

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

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