

Acceptance

to be open to and accepting of myself, others and life



2. Draw a symbol or image to represent the value.

3. What does this value mean to you? Write.

Adventure

to be adventurous; to actively seek, create, or explore new stimulating experiences



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Assertiveness

to respectfully stand up for my rights and request what I want



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Authenticity

to be authentic, genuine, real; to be true to myself



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Caring

to be caring towards myself, others, and the environment



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Challenging

to keep challenging myself to grow, learn, and improve



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Compassion

to act with kindness towards those who are suffering



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Connection

to engage fully in whatever I am doing and be fully Present with others



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Contribution

to contribute, help, assist, or make a positive difference to myself or others



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Cooperation

to be cooperative and collaborative with others



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Courage

to be courageous or brave; to persist in the face of fear, threat, or difficulty



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Creativity

to be creative or innovative

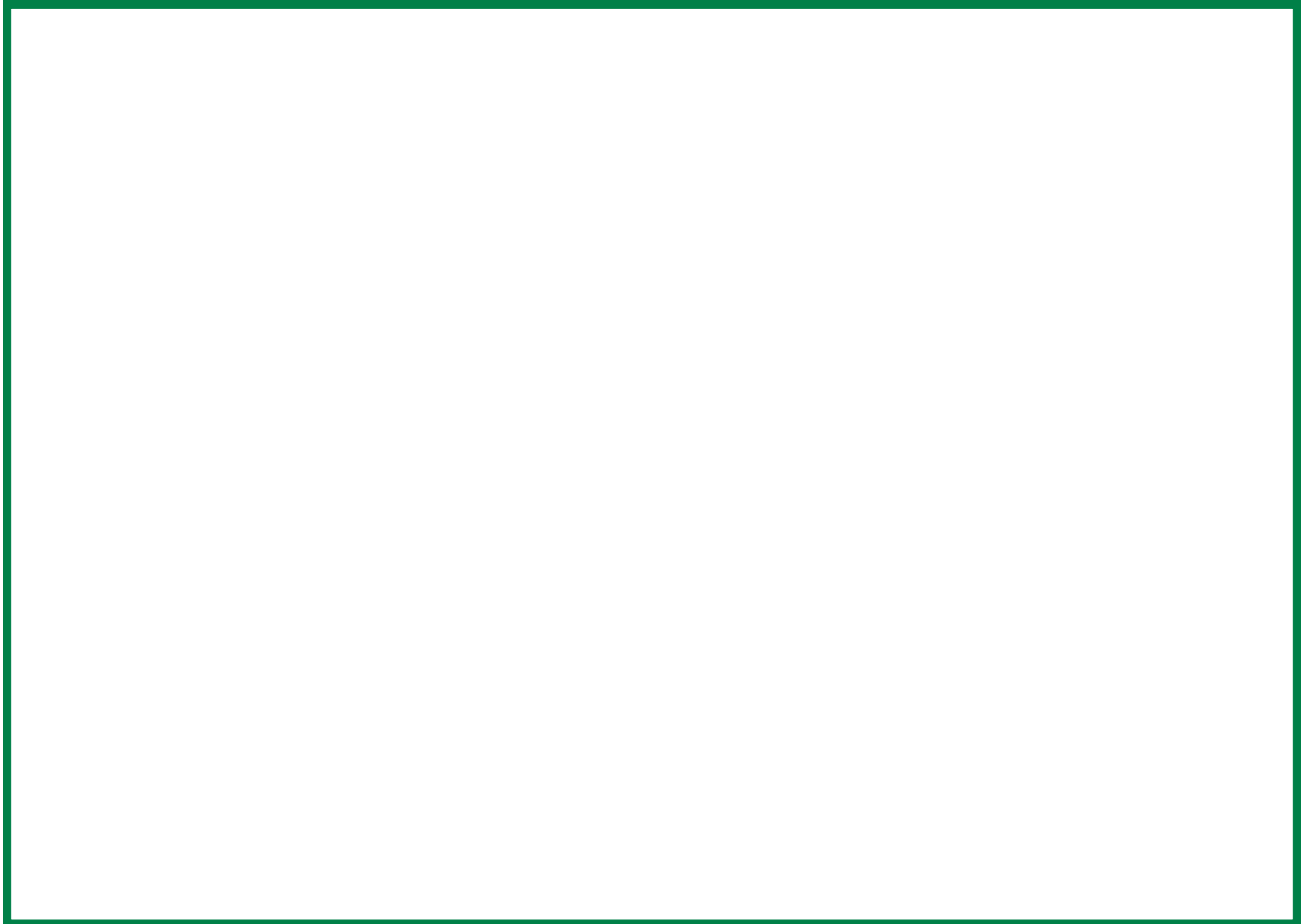


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Curiosity

to be curious, open-minded, and interested; to explore and discover



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