

OUR VALUES

***Are you waiting for an appointment?
Do this short activity while you wait!***

Connection

To engage fully in whatever I am doing and be with others.



1. Draw your symbol
2. Write what it means to you

To love and care for someone that love
and cares for me. Mutual compassion.

Choose a Value Card from the table.

Draw a Symbol of the value on paper.

Reflect in Writing about what this value means to you.