

# Health

**to look after my physical and mental health and well-being**



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

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

---

---

---

---

# Honesty

**to be honest, truthful, and sincere with myself and others**



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

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

---

---

---

# Humour

**to see and appreciate the humorous side of life**



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

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

---

---

---

---

# Humility

**to be humble or modest; to let my achievements speak for themselves**



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

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

---

---

---

---

# Independence

**to be self-supportive and choose my own way of doing things**



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

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

---

---

---

---

# Intimacy

**to open up, reveal, and share myself- emotionally or physically in my close relationships**



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

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

---

---

---

---

# Justice

**to uphold justice and fairness**



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

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

---

---

---

---

# Kindness

**to be kind, compassionate, considerate, nurturing or caring towards myself or others**



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

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

---

---

---

---

# Love

**to act lovingly or affectionately towards myself or others**



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

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

---

---

---

---

# Mindfulness

**to be conscious of, open to, and curious about my here-and-now experience**



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

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

---

---

---

---

# Order

**to be orderly and organized**



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

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

---

---

---

---

# Open-Mindedness

**to think things through, see things from others' points of view**



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

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

---

---

---

---