

Patience

to wait calmly for what I want; to give others grace



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

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

Persistence

to continue resolutely, despite problems or difficulties



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Reciprocity

to build relationships in which there is a fair balance of giving and taking



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Respect

to be respectful towards myself or others; to be polite, considerate and show positive regard



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Responsibility

to be responsible and accountable for my actions



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Romance

to be romantic; to display and express love or strong affection



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Safety

to secure, protect, or ensure safety of myself or others



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Self-Awareness

to be aware of my own thoughts, feelings, and actions



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Self-Care

to look after my health and well-being and get my needs met



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Self-Development

to keep growing and improving in knowledge, skills, character, or life experience



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Self-Control

to act in accordance with my own ideals



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Spirituality

to connect with things bigger than myself



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Skillfulness

to continually practice and improve my skills and apply myself fully when using them



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Supportiveness

to be supportive, helpful, encouraging, and available to myself or others

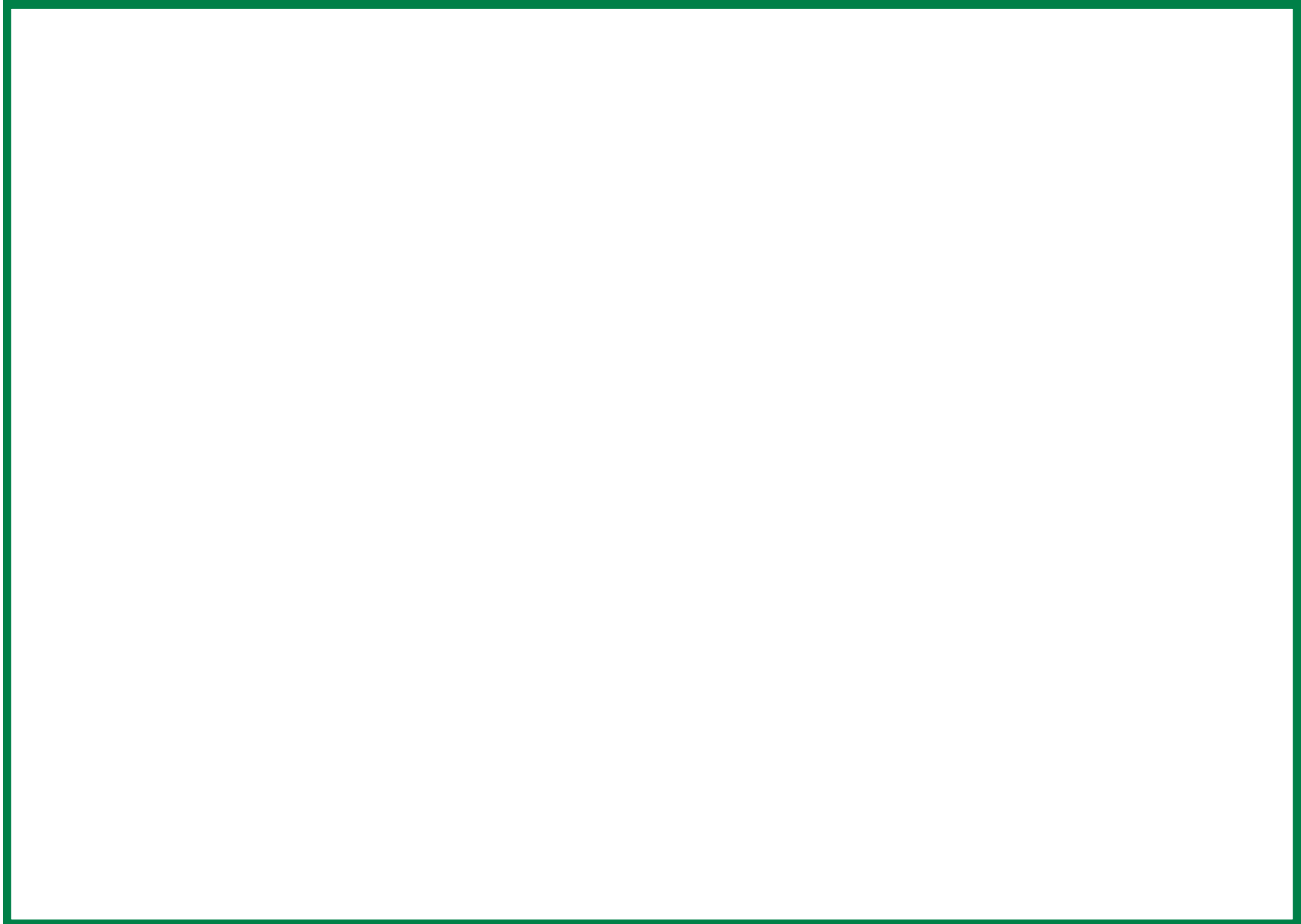


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Tolerance

to be understanding and respectful to others, even if you disagree or they annoy you



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Trust

to be trustworthy; to be loyal, faithful, sincere, and reliable



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Value:

Definition:



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