

## Master List of Values 01

### Introduction

Values are generally big, broad ideas such as *responsibility*, or *compassion*, or *integrity* and so on. This also means they are difficult to define and measure. Hence, what one person believes is, let's say, *responsibility* another person may not. In addition, some values can be seen as behaviours.

Consider the list of values and behaviours (below) in this Information Sheet in preparation for deciding which values you believe in, and which will be the first you introduce to your family.

### List of Values

Accountability	Friendship	Patience
Apology	Frugality	Peacefulness
Appreciation		Perseverance
	Generosity / giving	Pride
Balance/moderation	Goals (life goals/project goals)	Privacy
Benevolence	Gratitude	Preparation
Boundaries		Problem solving
	Health (physical/ emotional)	
Caring	Helpfulness	Resilience
Commitment	Honesty	Respect for nature
Compassion	Humility	(ecology, environmental-
Confidence	Hygiene	ism)
Community / service		Respect for others / self /
Conscience	Integrity	boundaries
Consequences		Responsibility
Consideration	Justice	Restraint
Cooperation		
Courage	Kindness	Safety
Curiosity		Self Esteem
	Learning	Self Reliance / self sufficient
Dependability	Love	Sensitivity
Duty	Loyalty	Sharing
		Spontaneity
Earn or Learn	Manners	Sustainability
Education	Moderation	
Empathy	Modesty	Team orientation
Excellence		Tolerance
	Nature	Trust
Fairness / fair play	Negotiating (solving conflicts	
<b>Family</b>	peacefully)	Unity
Fidelity	Optimism	
Forgiveness		Work Ethic

If you think of any other values, or relevant behaviours, please let us know.