

A Little Bit Important

Acceptance

To accept all of who I am in this moment; To accept others the way they are

Adventure

To try new and different experiences, even when they might be scary; To seek exciting experiences

Assertiveness

To be able to stand up for myself; To be able to stand up for my friends and family; To speak up when it is needed

Caring

To care about other people; To care about animals; To care about nature; To care about myself

Compassionate

To pay attention to the feelings of others; To be kind to other people; To be kind to myself



Confidence

To be confident in who I am; To be confident in my abilities and competence



Courage

To be brave; To stand up for what I believe in; To try things that are good for me even if they scare me



Creativity

To enjoy making things; To practice art, music or other creative activities regardless of my skill level

Curiosity

To explore and discover new things;
To learn new things; To take an
interest in the world around me

Fairness

To treat others fairly; To treat myself
fairly

Flexibility

To accept change; To stay calm when
things change; To embrace the
opportunity for change

Forgiveness

To forgive others for their mistakes;
To forgive myself for my own
mistakes

Freedom/ Independence

To choose how I live my life; To
choose who gets a say in my life

Friendly

To be friendly and warm towards
others; To have friends; To be nice to
others

Fun

To make the most of any situation; To enjoy the activities I do; To bring joy to others around me

Generosity

To share with others; To give my time, resources or energy to others

Gratitude

To pay attention to my blessings; To be thankful towards others; To be thankful towards myself

Hard-Working

To work hard at the job I'm doing; To put effort into doing well

Health

To care for my physical health; To care for my mental health; To engage in behaviours that support my overall health

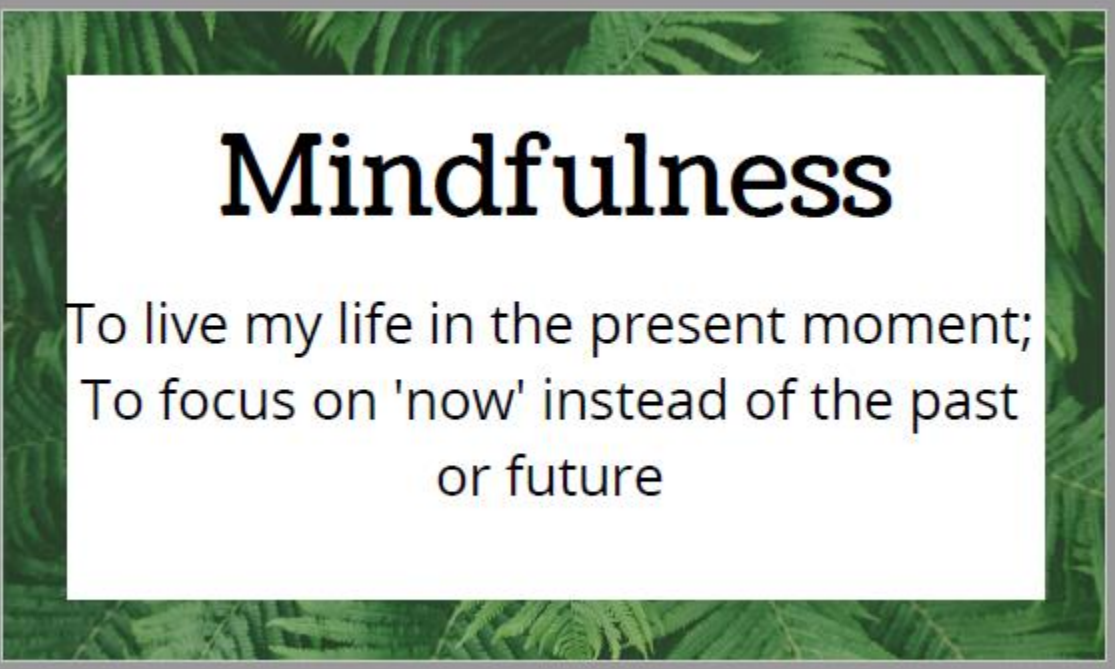
Honesty

To tell the truth to others; To tell the truth to myself



Kindness

To be gentle and warm towards others;
To practice kindness in my relationships with others

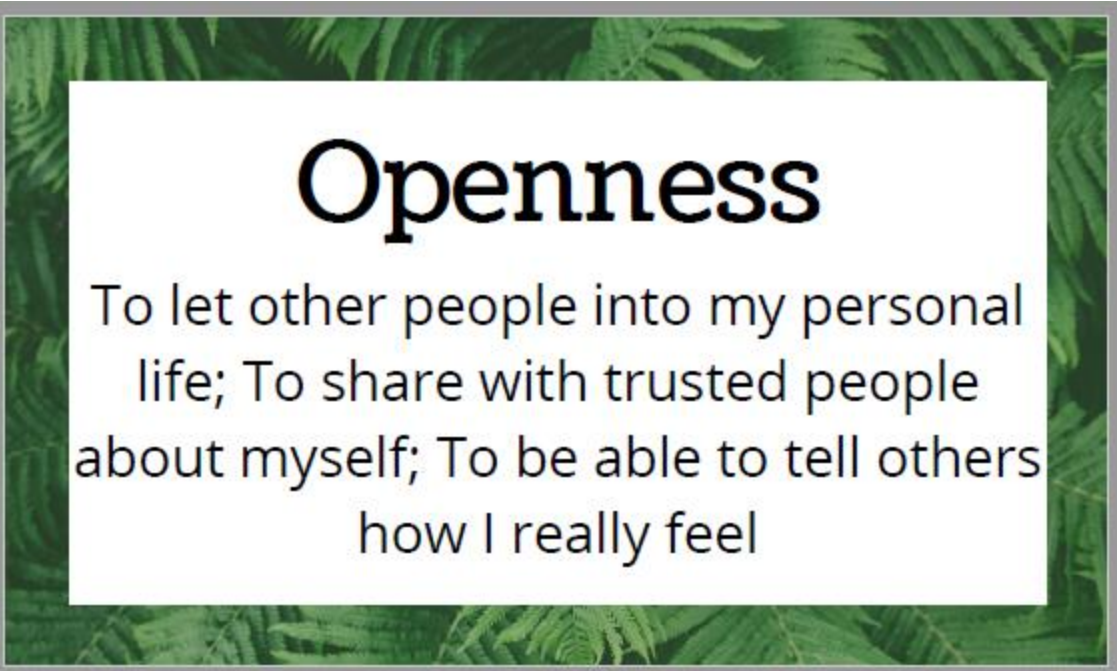


Mindfulness

To live my life in the present moment;
To focus on 'now' instead of the past or future



Not Very Important



Openness

To let other people into my personal life; To share with trusted people about myself; To be able to tell others how I really feel



Persistence

To carry on with things that are important to me, even if I am struggling; To keep working towards my goals



Respect

To respect myself by setting boundaries with others when I need to; To respect others, even if I don't agree with or like them

Skillfulness

To learn new skills; To keep learning
until I master a skill

Supportive

To support and help others; To be
there for others when they need me;
To accept others even when I don't
understand

Trustworthiness

To be someone other people can
trust; To honour what other people
share with me; To do what I say I will
do



**Very
Important**