1. ***What positive values do you apply to your life to be the best you can be?***

Honesty: Being honest and truthful is an important value that can help us to build trust and respect with others, and to be true to ourselves.

Responsibility: Taking responsibility for our actions and being accountable for our choices is a key value that can help us to be reliable and dependable, and to be our best selves.

Respect: Treating others with respect and kindness is an important value that can help us to build strong, positive relationships and to create a positive and supportive environment for ourselves and others.

Hard work: Putting in the time and effort needed to achieve our goals and to be our best selves is an important value that can help us to succeed and make the most of our opportunities.

Empathy: Being able to understand and share the feelings of others is an important value that can help us to be more understanding and compassionate, and to be our best selves.

Perseverance: Staying committed and determined, even when faced with challenges or setbacks, is an important value that can help us to achieve our goals and to be our best selves.