

## Value: What is Important

To **value** is to have respect, esteem, or appreciation for an object, relationship, or idea.

**Part 1:** Write down three things you value, why it is a value to you, and how you protect it in order for it to remain a value for you.

<b>Value</b>	<b>Why is that a value to you?</b>	<b>How do you protect that value?</b>
Object:		
Relationship:		
Idea/Concept:		

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### Reflection Questions --TYPE answers in full complete sentences! Thank you

List your top 5 values and the reason for each value.

- 1.
- 2.
- 3.
- 4.
- 5.

Describe a situation in which you recently applied one or more of those values.

Describe a situation in which you did not, **but should have** applied one or more values. Why didn't you?

## WELLNESS VALUE LIST

- Self-Respect: Pride and belief in one's self and in achievement of one's potential.
- Self-Control: Control of your actions and emotions.
- Authority: Respect for those individuals who are in positions of responsibility.
- Manners & Politeness: Using proper etiquette in relation to others.
- Learning/Wisdom-Seeker: Appreciation for the importance of and effort involved in acquiring knowledge.
- Humility: Recognizing that any given person is one's intellectual superior in some way can be learned from.
- Teachable/Not Arrogant: Recognizing the part that others have played in one's achievement.
- Punctuality: Being on time.
- Trustworthiness: Reliable.
- Respect for others: Concern for and motivation to act for the welfare of others.
- Respect for the environment: The conservation and care for your surroundings.
- Accountability: Being responsible for your decisions and actions.
- Cheerfulness/Joyful/Optimistic: Good humored, bright and pleasant.
- Honor: A sense of what is right, just and true.
- Democracy: Respect for the rule of majority.
- Sportsmanship: The ability to take a winning and losing without gloating or complaining.
- Patriotism: Respectful devotion to one's country.
- Gratitude/Thankfulness/Appreciation: A feeling of thankful appreciation for benefits received.
- Kindness: Being gentle, willing to help, friendly and considerate.
- Empathy/Compassion: Understanding, sensing and sharing in feelings and emotions of others.
- Self-Confidence: Positive attitude about, and trust in one's self; sense of security and self-assurance.
- Creative/Flexible: Clever, imaginative and inventive; adaptability and versatility.
- Diligence: Consistent attention to quality work, remaining focused on your goal.
- Initiative: Proactive; thinking and taking action on your own.
- Resilience: The ability to bounce back from failure or discouragements.
- Self-Reliance: Relying on one's own abilities, efforts or judgments.
- Acceptance/Tolerance: Recognition of the diversity of others, their opinions, practices and cultures.
- Forgiveness: Benefiting yourself and others by ceasing to feel resentment toward others.
- Cooperation/Teamwork: Working together for a common purpose.
- Fairness: Equal treatment of behavior and viewpoints of others.
- Peacemaker/Non-Violent: Seeks peaceful solutions to fights and quarrels.
- Motivation: The desire to move toward a goal.
- Determination/Dedication: Consistent attention to quality work; the inner strength to pursue a goal.
- Honesty: Truthfulness and sincerity.
- Dependability: To be counted on and trusted.
- Loyalty: Faithful to a person, organization or your country.
- Courage: To meet a challenge without giving in to fear.
- Patience: The power to wait calmly without complaining.
- Privacy: Respect for personal privacy and confidentiality.
- Fidelity: Keep your promises and agreements; be trustworthy.
- Integrity: Make your actions reflect your moral commitments, principles, beliefs and virtues.
- Justice: Treat people fairly, give people their due.
- Autonomy: Allow moral agents to make their own decisions and act on them. This principle implies freedom of thought, expression, and action.
- Beneficence: Help/benefit other people.