

# Appendix: Values

**List of common values** (this is just a short list to get you started but there may be others you wish to add):

Acceptance  
Adventure  
Assertiveness  
Authenticity  
Caring  
Challenge  
Connection  
Contribution  
Co-operation  
Courage  
Creativity  
Curiosity  
Encouragement  
Fairness  
Flexibility  
Freedom  
Friendliness  
Forgiveness  
Fun/humour  
Generosity  
Gratitude  
Honesty  
Independence  
Kindness  
Love  
Loyalty  
Mindfulness  
Open-mindedness  
Order  
Patience  
Persistence  
Respect  
Responsibility  
Safety  
Self-awareness  
Self-care  
Self-development  
Supportiveness  
Trust