

Family patterns value list

accountability (doing what you say you will do)

achievement

affection

anger

anxiety

authenticity (being true to yourself)

balance (home/work/studies/play)

beauty

belonging

caring about others

caution (not taking risks)

collaboration (being able to work with others)

commitment (sticking with it, even if it's hard)

community (being part of a larger social group)

compassion (wanting to minimise suffering of people (or planet))

competence (being good at something)

confidence

continuous learning (learning new things)

contribution

cooperation

courage (doing things, even though they are difficult)

creativity (words/music/dance/drama/art)

cruelty

contribution (doing things for others)

discipline

distrust

empathy (understanding what others feel)

enthusiasm

ethics (doing the right thing)

excellence (striving to be great at something)

fairness

faith

family life

fear

financial stability (having enough money)

friendships

having fun

future generations (caring about the future)

greed

hard work

happiness

health

honesty

honour (doing what you say you will)

humour

independence

innovation

integrity (being honest and trustworthy)

initiative (not waiting for others to tell you what to do)

judgement

love

making a difference

openness (being honest about what you feel and say)

open-mindedness (not judging others)

personal fulfilment (being able to do what you're good at)

personal growth (always learning and growing)

playfulness

purpose (having something in life that gives it meaning)

pursuit of pleasure

relaxation

resilience (being able to learn and bounce back from failure)

respect (being looked up to)

responsibility

risk-taking

self-discipline

self-focus

spirituality/religion (feeling connected to something bigger)

sport

success

survival

sustainability (caring about the planet)

traditions (caring about how things were done in the past)

trust

wellbeing

wisdom