Values are basic beliefs that guide and motivate your behaviors and actions. They are like guideposts that can help you decide how to act in any given situation.

When playing soccer, for example, if someone values honesty, they will choose to play by the rules even if it means losing. However, if they value winning above all else, they might be willing to break the rules to accomplish their goal. The art project of a person who values creativity, for example, might differ from that of someone who values cleanliness.

Understanding your personal and family values can help you act with clarity and purpose, especially in challenging or uncertain situations.

How to Use the Cards

Read through the value cards. Consider the following questions:

- Which values do you choose to guide your behaviors?
- Which values does your family put first?
- Are your personal and family values similar, or do they differ?
- Have your personal or family values changed over time? If so, why?
- Do you and your friends share values?

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Forgiveness

Feeling at peace about the actions of others.

Courage

Trying - even if we are unsure or afraid.

Growth

Developing our skills and abilities.

Creativity

Generating new possibilities with our ideas.
Contribution
Sharing our skills with those around us.

Safety
Staying free of harm or danger.

Generosity
Willing to share with others.

Acceptance
Being open to things we dislike in ourselves and others.
Respect
Caring for the well-being of others.

Self-Control
Managing our emotions, actions, and desires.

Self-Love
Believing that we are valuable and enough just as we are.

Purpose
Discovering what gives our lives meaning.
Mindfulness

Slowing down and paying attention to the world.

Love

Connecting and sharing love with each other.

Community

Caring for those around us.

Fun

Finding joy in our activities.
Integrity
Being honest and staying true to what we know is right.

Health
Caring for the well-being of our bodies.

Curiosity
Seeking to understand the world around us.

Self-Compassion
Giving ourselves the same kindness and care that we give to our friends.
Kindness
Being gentle and considerate of the needs of others.

Persistence
Continuing despite difficulties.

Resilience
Staying flexible and strong during challenges.

Responsibility
Being accountable for our actions.
These are great as my son and I can do them together, and by **having the posters up in the kitchen, we can refer to them often.** The real bonus is the quality time which is his love language, double whammy!"

- Katherine.

★★★★★

**Gratitude & Mindfulness Kit**

**Ages 5-11**

A collection of printable worksheets, posters, and activities to help your child discover the power of their brain and realize they can achieve great results with practice and effort.

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With gratitude,
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