Values

values – things that people think are morally good, e.g. honesty

altruism – caring about other people

assertiveness – standing up for yourself

compassion – feeling sorry for others

contentment – happiness

diversity – being different/varied

empathy – understanding how others feel

grace – being willing to forgive

gratitude – being thankful/grateful

holiness – living a holy (religious) life

justice – fairness

mindfulness – being aware

open-mindedness – being willing to listen to different ideas

patriotism – loving your country

spiritual awareness – being aware of God/spirits