

# Our Moral Values

## Our Family's Top Five Moral Values:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## Identifying Your Most Important Moral Values

What virtues does your family most value? Your values guide your decisions. Your decisions determine the quality of your life. Some values to consider include:

**Acceptance:** an objective attitude toward other's ideas and practices that differ from your own

**Compassion:** understanding the suffering of others or self and doing something about it

**Cooperation:** helping your family and friends, returning favors

**Courage:** willingness to do difficult things

**Equality:** believing everyone deserves equal rights and to be treated with respect

**Fairness:** acting in a just way, sharing appropriately

**Generosity:** willingness to give resources, help or time to others

**Gratitude:** showing appreciation to others

**Honesty:** being truthful and sincere

**Integrity:** sticking to your moral and ethical principles and values

**Kindness:** being considerate and treating others well

**Perseverance:** persisting in a course of action, belief or purpose

**Politeness:** using good manners, acting in socially acceptable ways

**Respect:** showing consideration for the worth of someone or something

**Responsibility:** being reliable in your obligations

**Self-control:** staying in control of your words and behavior

**Trustworthy:** reliably doing what is right even when it is difficult, being true to your word

