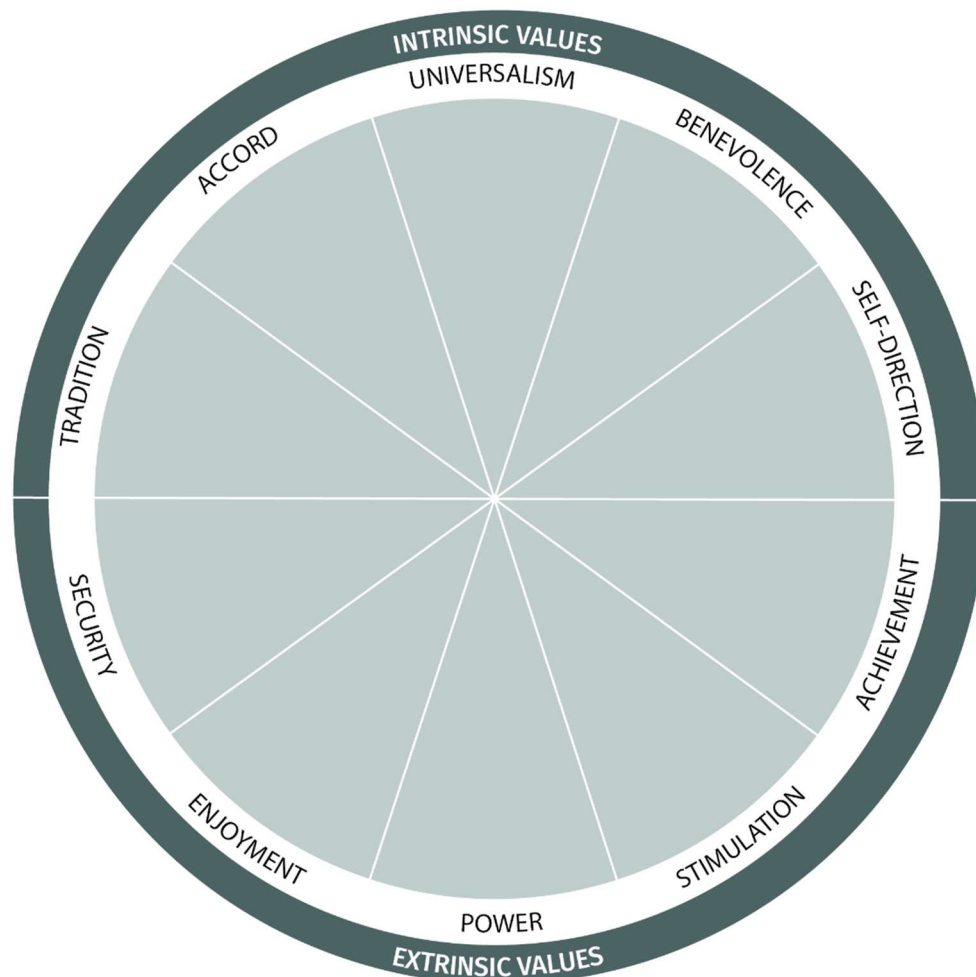


HUMAN VALUES MAP

Our core values represent the essence of what we think is most important in life. They inform our attitudes, identity, and behaviour. How much do you know about your core values?



Intrinsic values are deeply fulfilling to pursue.

Extrinsic values create short-term gains and are dependent on external stimuli, approval or rewards.

Check out the list of values below and select 5-8 that resonate most with you. You'll find your core values here.

INTRINSIC VALUES				
UNIVERSALISM	BENEVOLENCE	ACCORD	TRADITION	SELF-DIRECTION
Connectedness	Caring			
Beauty	Forgiveness			
Environmentalism	Honesty	Duty	Detachment	Curiosity
Fairness	Friendship	Belonging	Devotion	Freedom
Equality	Loyalty	Honouring elders	Humility	Independence
Inner harmony	Spirituality	Politeness	Moderation	Privacy
Open-mindedness	Responsibility	Reciprocity	Religion	Wellness
Peace	Togetherness	Self-discipline	Traditions	Self-respect
Unity with nature	Unconditional love			
Wisdom	Service			
EXTRINSIC VALUES				
SECURITY	ACHIEVEMENT	STIMULATION	ENJOYMENT	POWER
Immaculateness				Influence
Order		Adventure	Indulgence	Popularity
Family safety	Ambition	Daring	Fun	Prestige
National security	Intelligence	Excitement	Pleasure	Prosperity
Patriotism	Success		Stimulation	Recognition
Safety				Dignity
				Strength
VALUES WITHIN TE AO MĀORI				
MANAAKITANGA	KOTAHITANGA	KAITIAKITANGA	WHANAUNGATANGA	RANGATIRATANGA
Care, nurturing, respect, generosity, lifting others up	Unity, oneness, togetherness	Guardianship, protection, kinship with the natural world	Kinship with whanau and community, sense of belonging	Self-determination, independence, leadership, empowerment

This exercise was created by Mitra, drawing on the work of social scientist Shalom Schwartz (the 'forefather' of basic human values), the research of the Common Cause Foundation and Te Ao Māori.