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.

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| INTRINSIC VALUES |
| UNIVERSALISM | BENEVOLENCE | ACCORD | TRADITION | SELF-DIRECTION |
| ConnectednessBeautyEnvironmentalismFairnessEqualityInner harmony Open-mindednessPeaceUnity with natureWisdom  | CaringForgivenessHonesty Friendship Loyalty SpiritualityResponsibilityTogethernessUnconditional loveService | DutyBelonging Honouring elders Politeness Reciprocity Self-discipline  | DetachmentDevotionHumility ModerationReligionTraditions  | CuriosityFreedomIndependencePrivacy Wellness Self-respect |
| EXTRINSIC VALUES |
| SECURITY | ACHIEVEMENT | STIMULATION | ENJOYMENT | POWER |
| Immaculateness Order Family safetyNational securityPatriotism Safety | Ambition Intelligence Success  | Adventure Daring Excitement  | IndulgenceFunPleasure Stimulation | InfluencePopularityPrestigeProsperityRecognition DignityStrength  |
| 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 |