

# ELEPHANT RULES

values and properties  
Werte und Eigenschaften



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POKER SIZE  
LARGE INDEX



## **1 aus 54**

Ziehe morgens eine beliebige Karte aus dem Spiel und versuche an diesem Tag immer wieder daran zu denken und diesen Wert zu leben und zu erleben.

## **12 aus 54**

Ziehe blind 12 Karten aus dem Spiel. Lege die Karten in 2 Reihen und sortiere sie absteigend nach Deinen Wertevorstellungen. Die Karte mit dem wichtigsten Wert kommt an die erste Stelle. Die Karte mit dem geringsten Wert an die letzte Stelle. Mach ein Foto dieser 12 Karten.

Lese Dir nun die Werte alle restlichen 42 Karten durch. Sollten andere Karten Deiner Ansicht nach Deine Wertevorstellungen besser widerspiegeln, tausche die bisherigen Karten aus und bringe erneut die 12 Karten in eine von Dir festgelegte, individuelle Reihenfolge.

Mache wieder ein Foto Deiner zweiten Aufstellung.

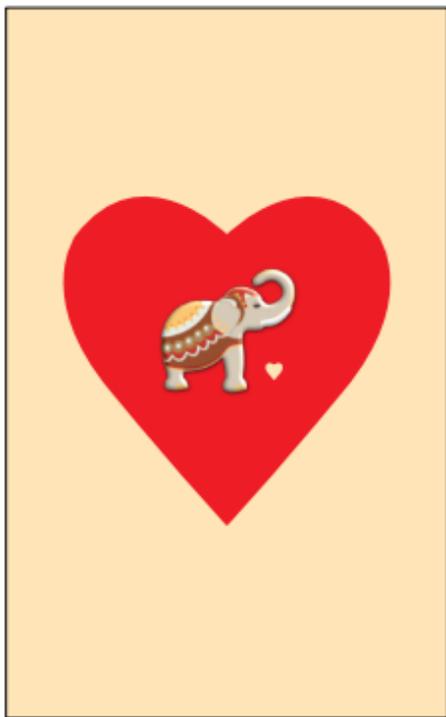
Vergleiche nun Deine Wertaufstellung mit Deinem Partner, Deinen Freunden, Deinen Liebsten,...

So beginnt eine Diskussion über die Bedeutung und Wichtigkeit von Werten.

**Viel Freude.**

A

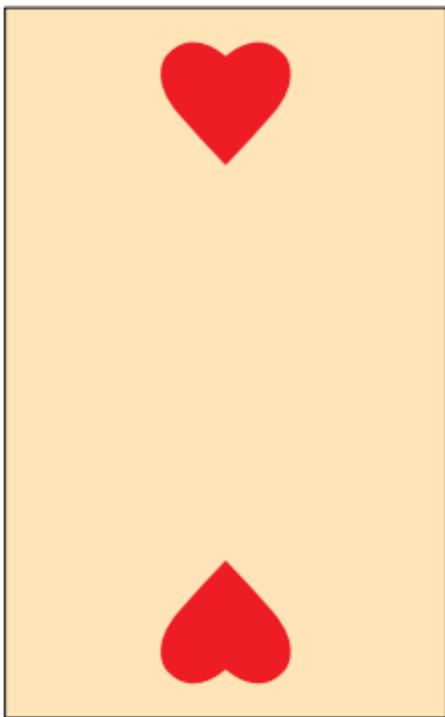
I am



Ich bin

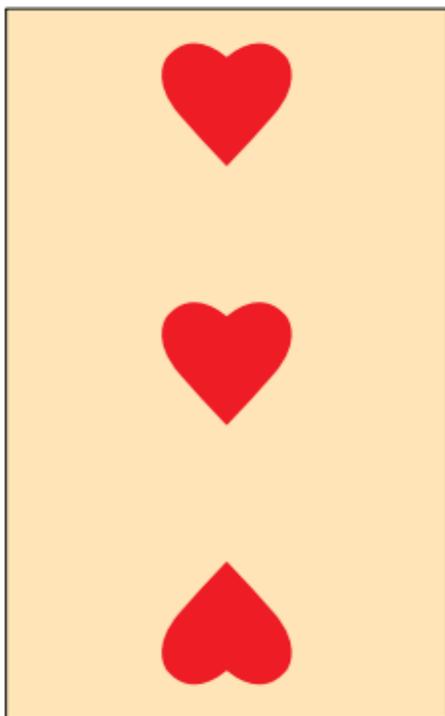
A

2 sexuality



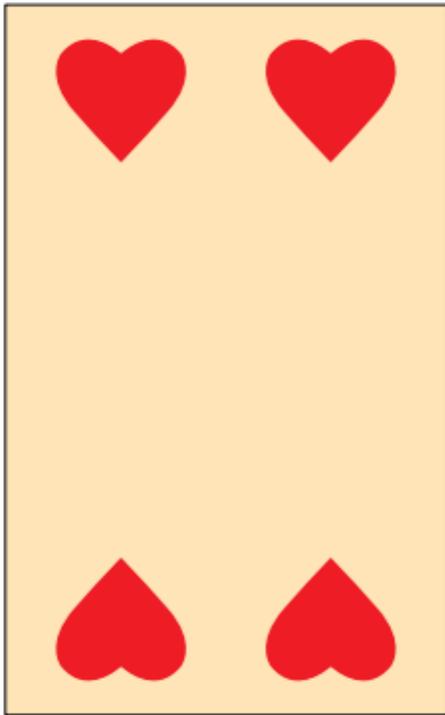
2 Sexualität

3 compassion



3 Mitgefühl

4 tenderness

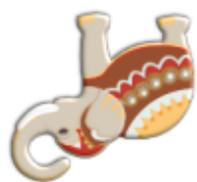
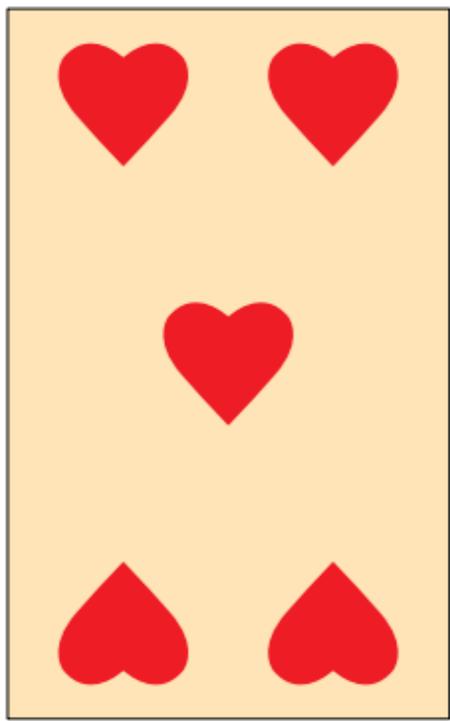


Zärtlichkeit



5

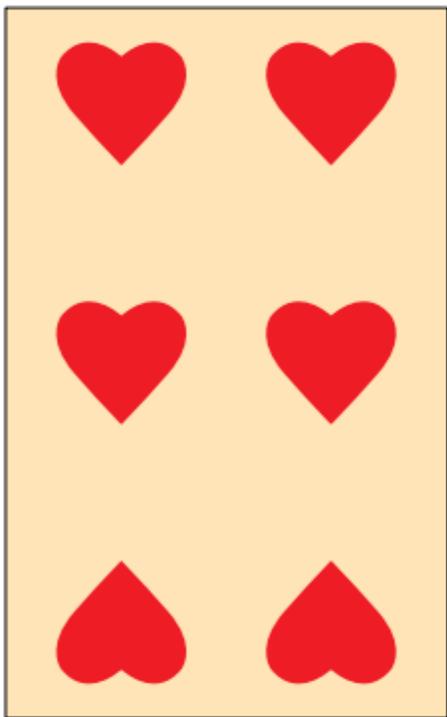
joy



Freude

5

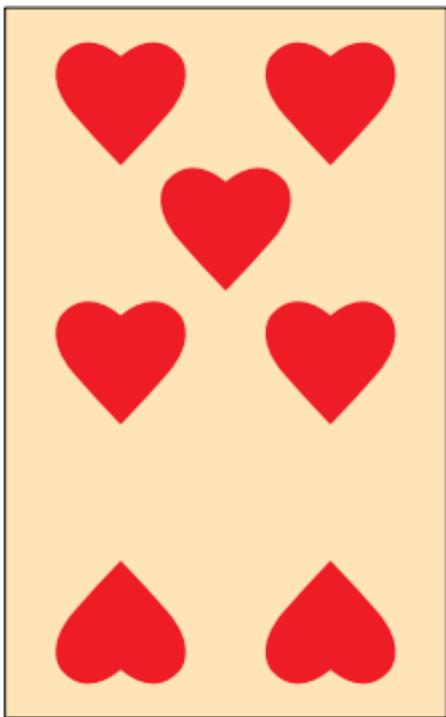
6 friendship



6 Freundschaft

7

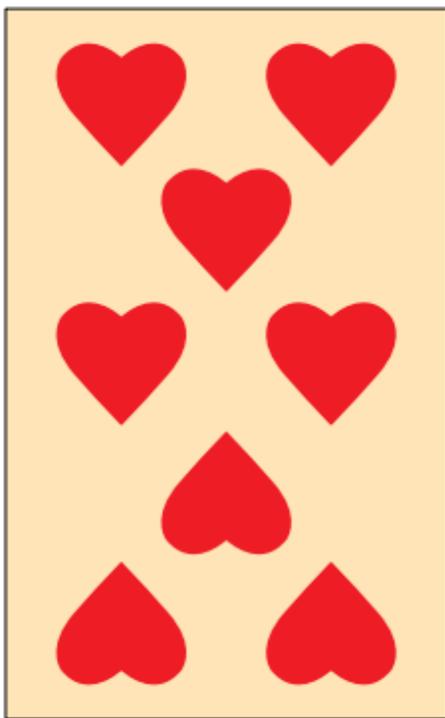
comfort



Geborgenheit

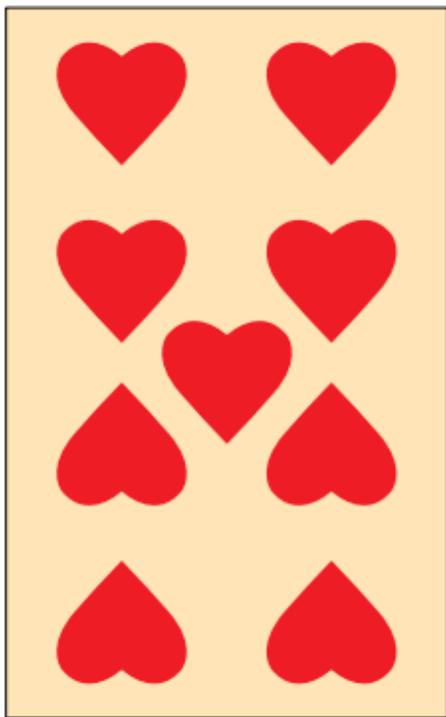
7

8 helpfulness



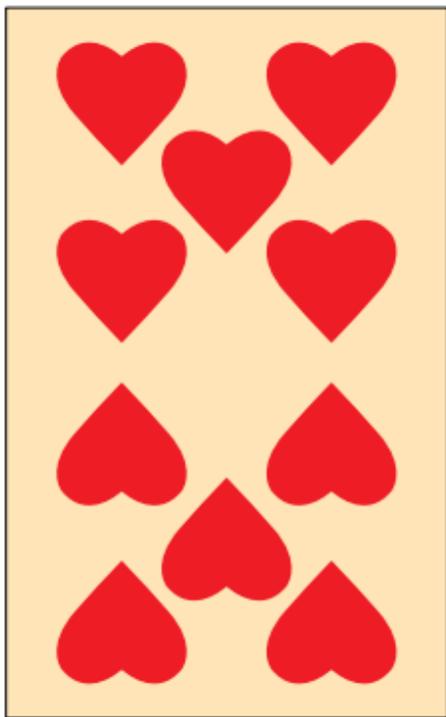
8 Hilfsbereitschaft

9 politeness



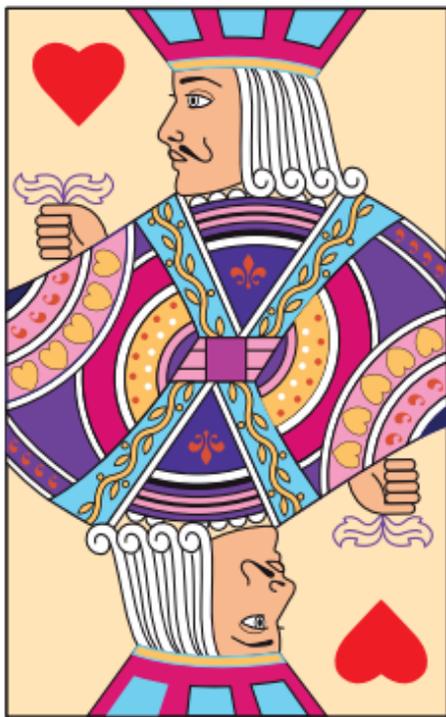
Höflichkeit  
6

10 contentment



Zufriedenheit 10

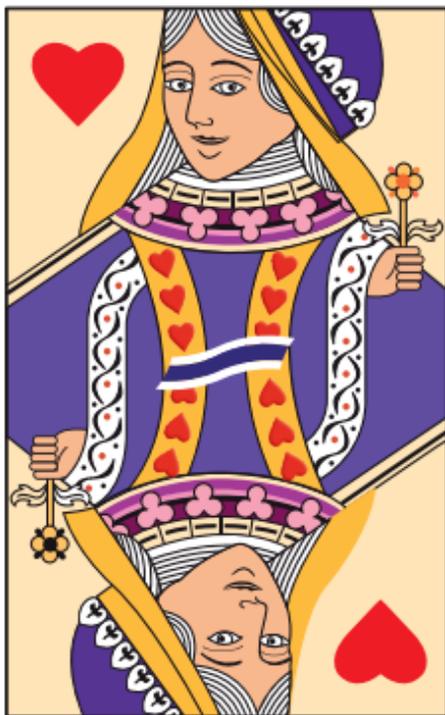
J thankfulness



J Dankbarkeit

Q

LOVE



LIEBE

Q

# K

trust

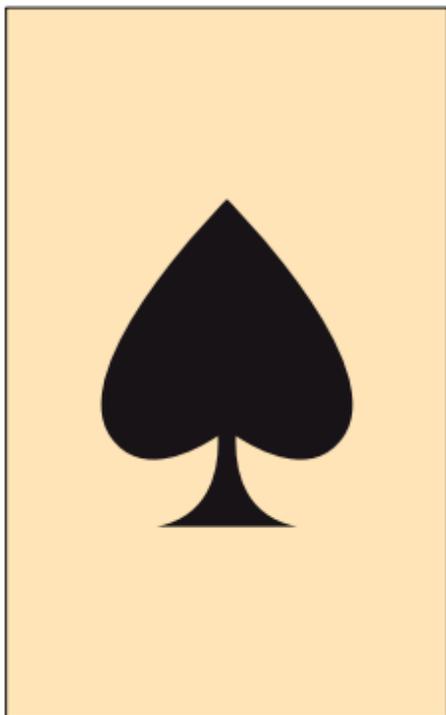


Vertrauen

# K

A

truth

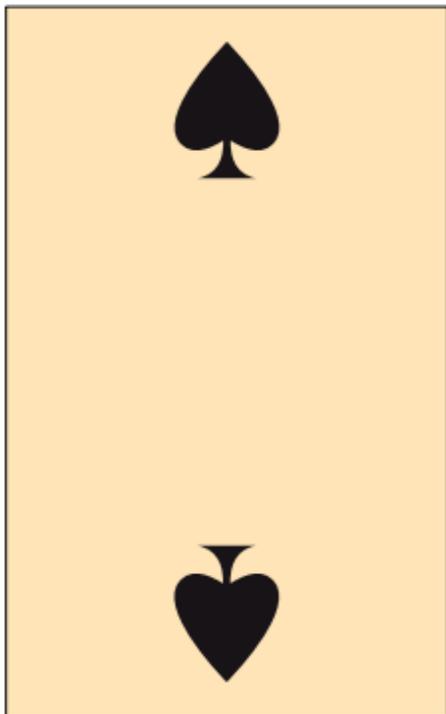


Wahrheit

A

2

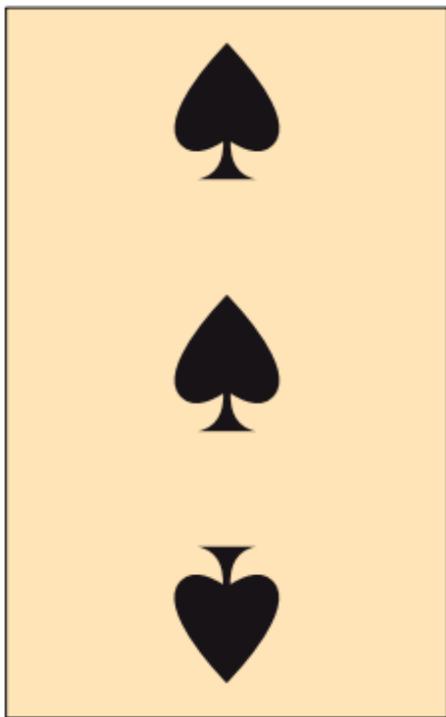
courage



Mut

2

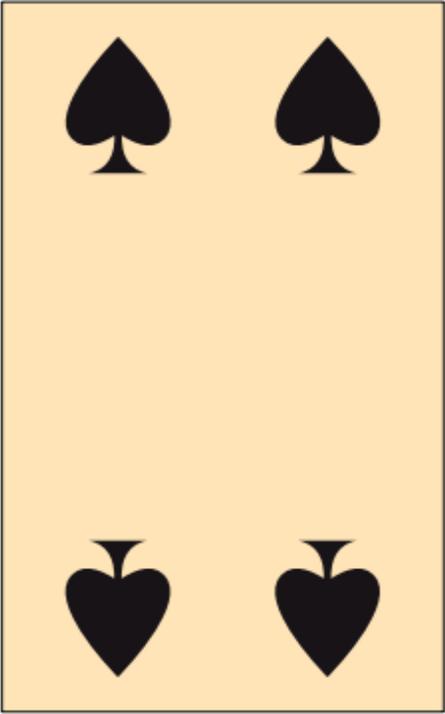
3 solidarity



Solidarität

3

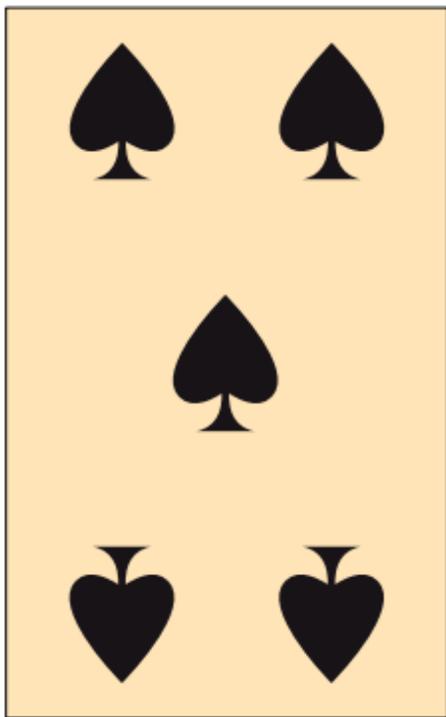
4 sense of honour



Ehrgēfühl



5 freedom of speech

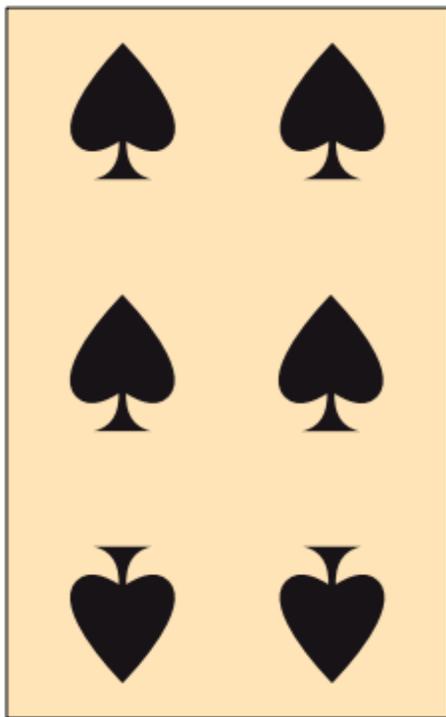


Meinungsfreiheit

5

6

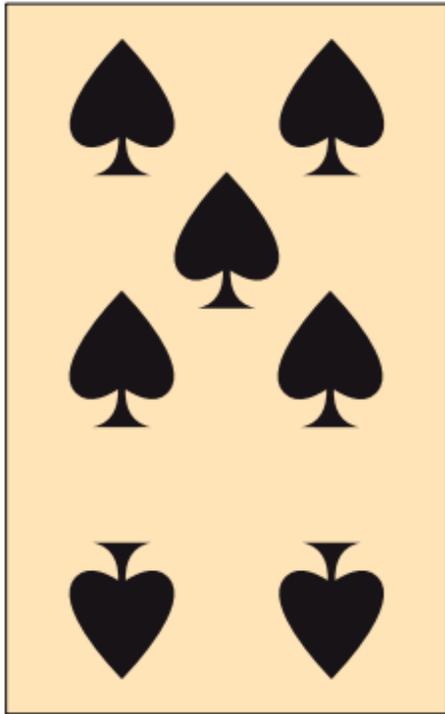
honesty



Ehrlichkeit  
6

7

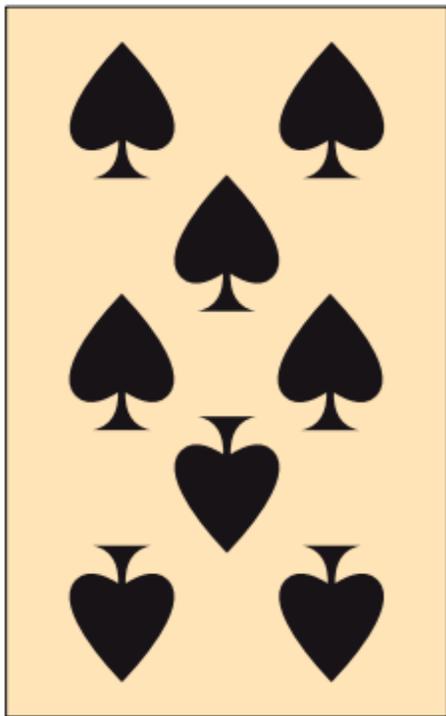
benevolence



Güte

7

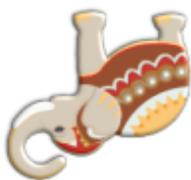
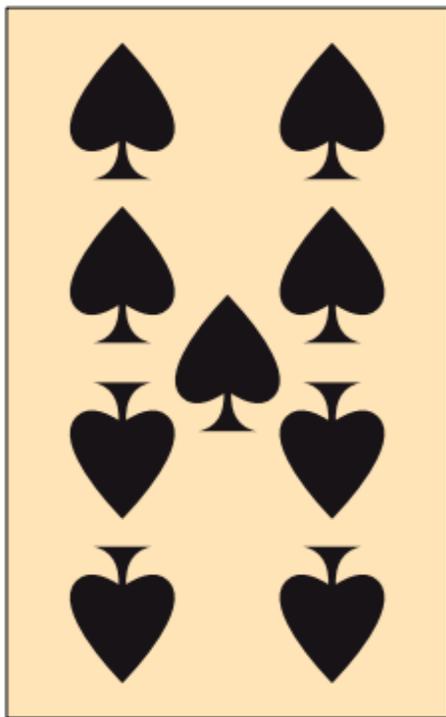
8 tolerance



Toleranz

8

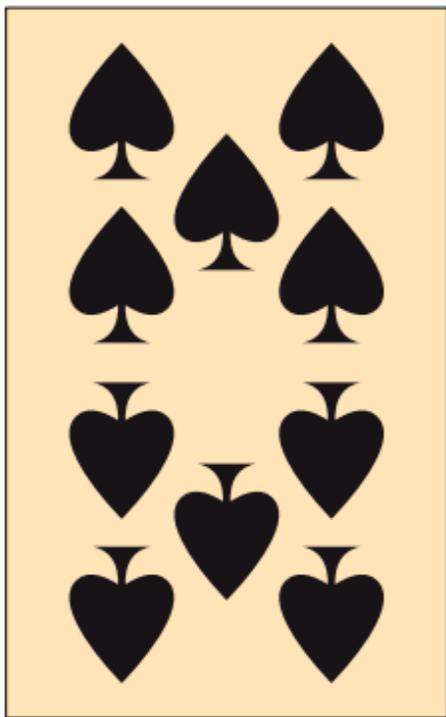
9 independence



Unabhängigkeit

9

10 creativity



10 Kreativität

J

freedom



Freiheit

J

Q justness



Gerechtigkeit Q

K peace



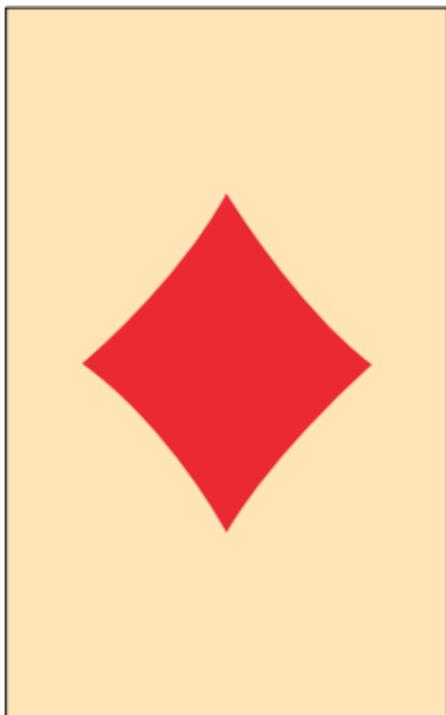
Frieden



K

A

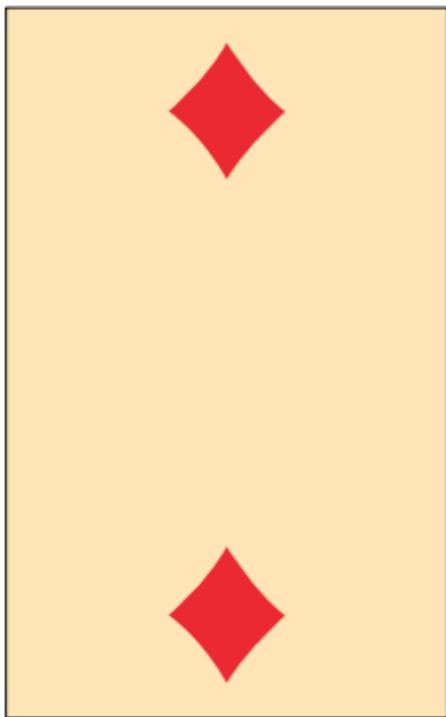
wisdom



Weisheit

A

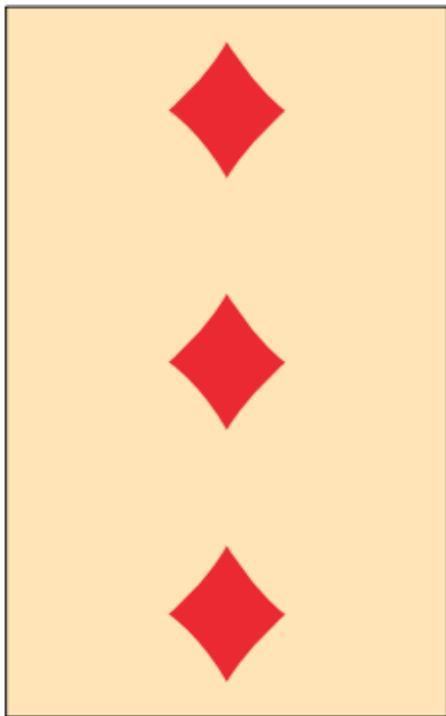
2 attentiveness



2 Achtsamkeit

3

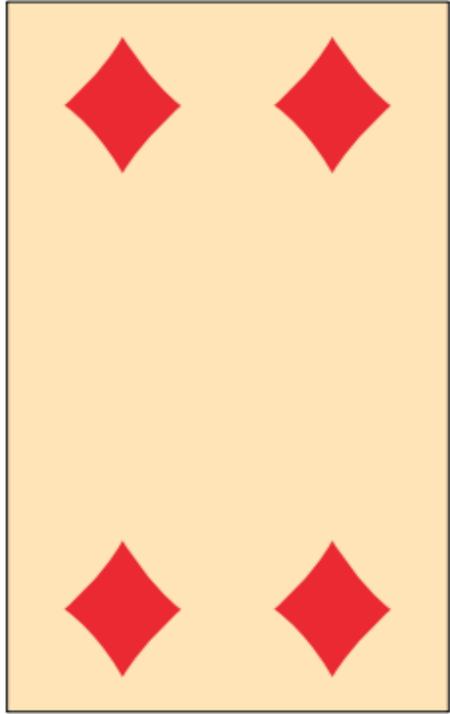
clarity



Klarheit

3

4 harmony

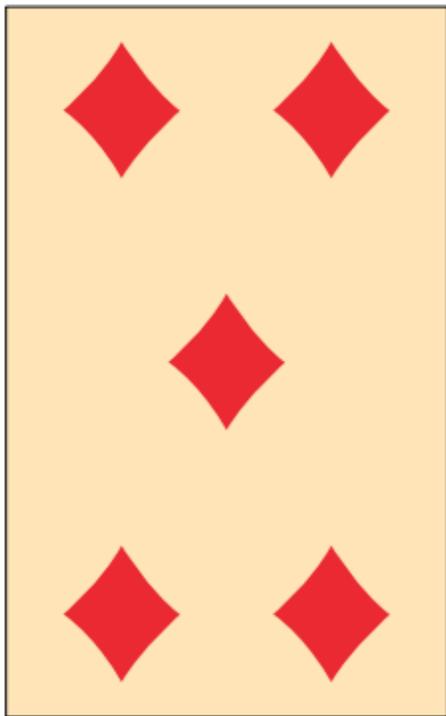


Harmonie



5

insight

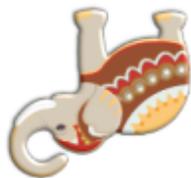
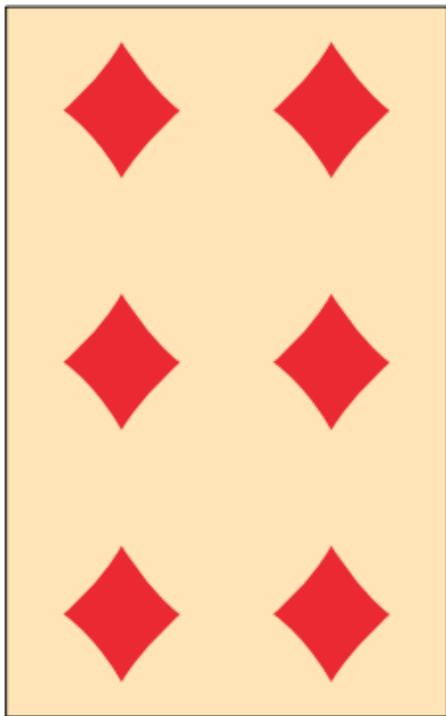


Ein·sicht

5

6

hope

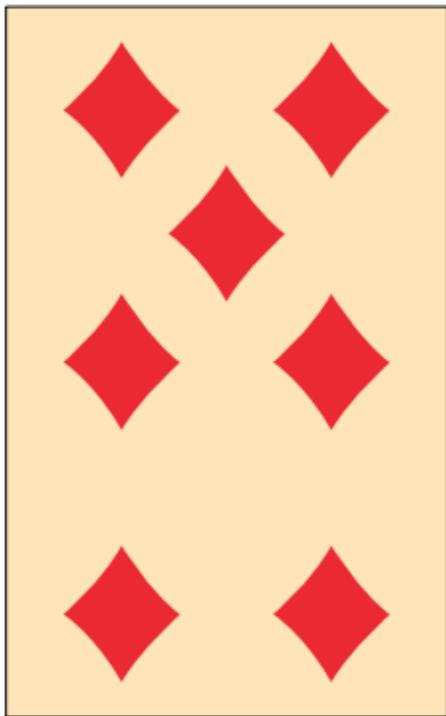


Hoffnung

6

7

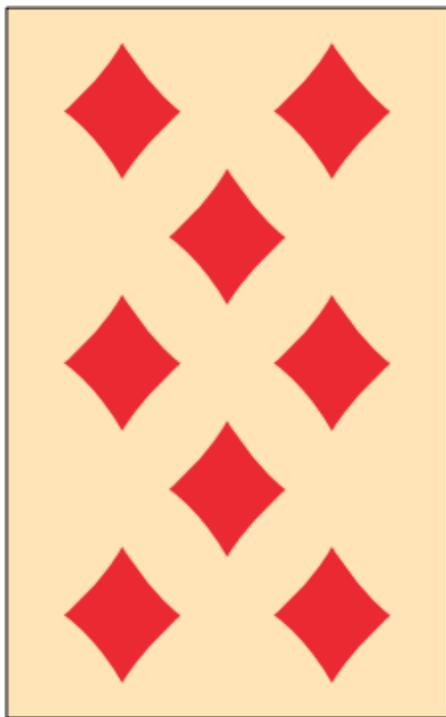
healing



Heilung

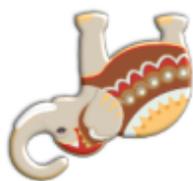
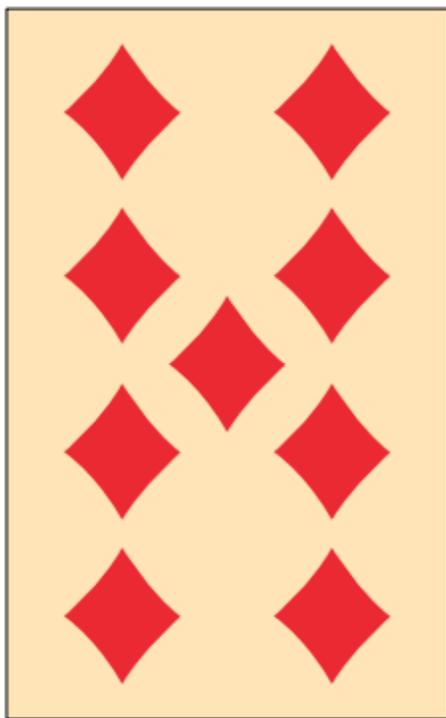
7

8 enthusiasm



8 Begeisterung

9 understanding



9 Verständnis

10

humour



Humor

10

# J appreciation



Anerkennung

# J

Q

health

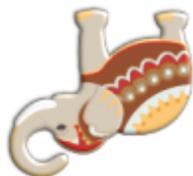


Gesundheit

Q

K

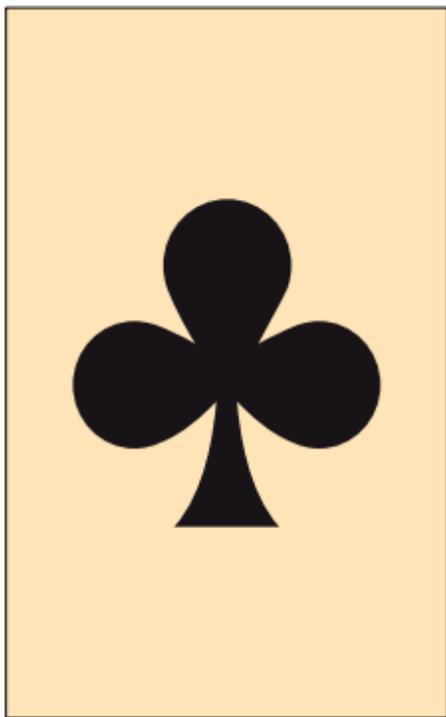
respect



Respekt

K

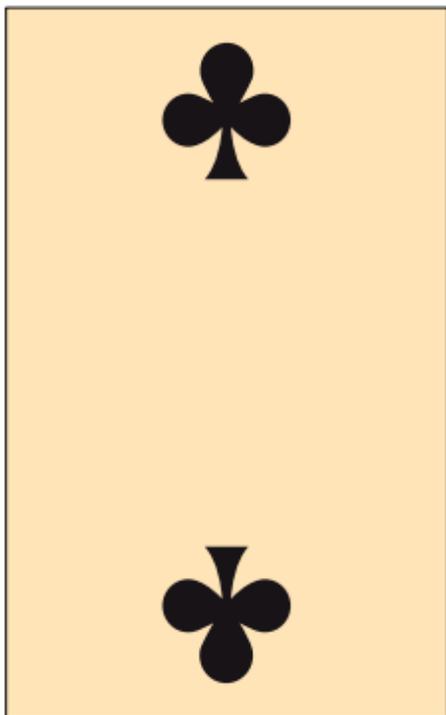
A human dignity



Menschenwürde A

2

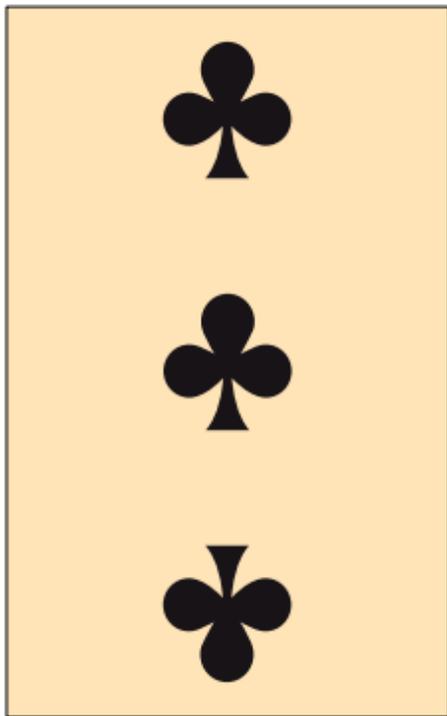
success



Erfolg

2

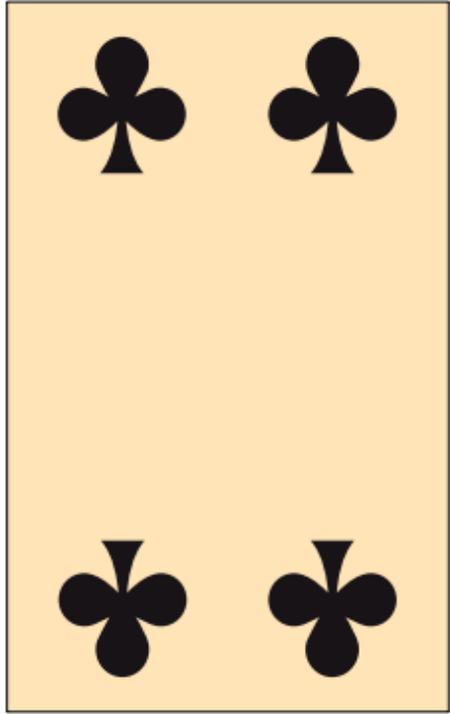
3 simpleness



3 Einfachheit

4

openness

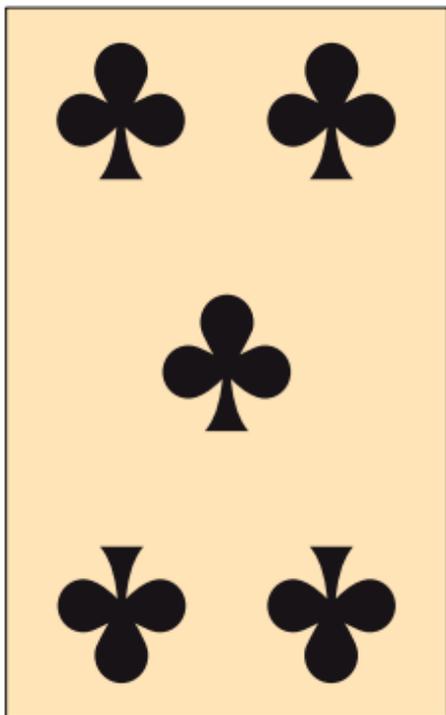


Offenheit

4

5

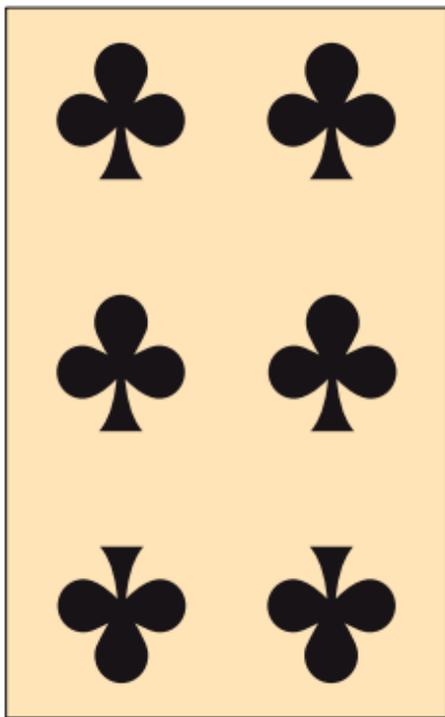
loyalty



Loyalität

5

6 self-discipline

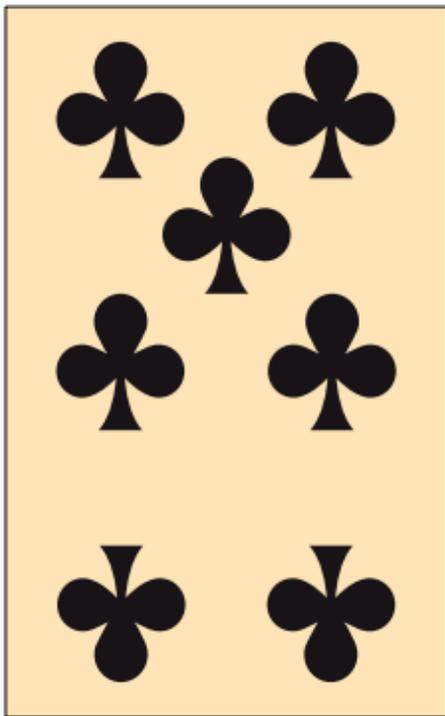


Selbstdisziplin

6

7

self-determination

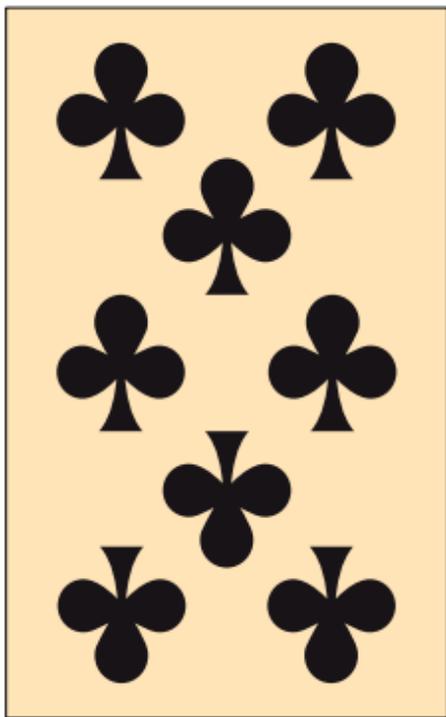


Selbstbestimmung

7

8

equality

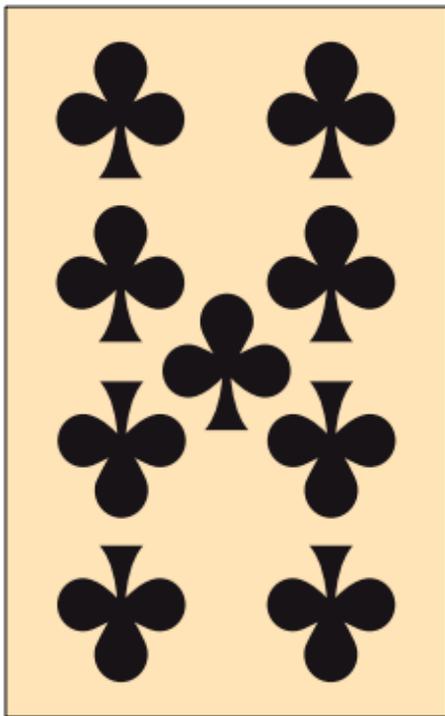


Gleichheit

8

9

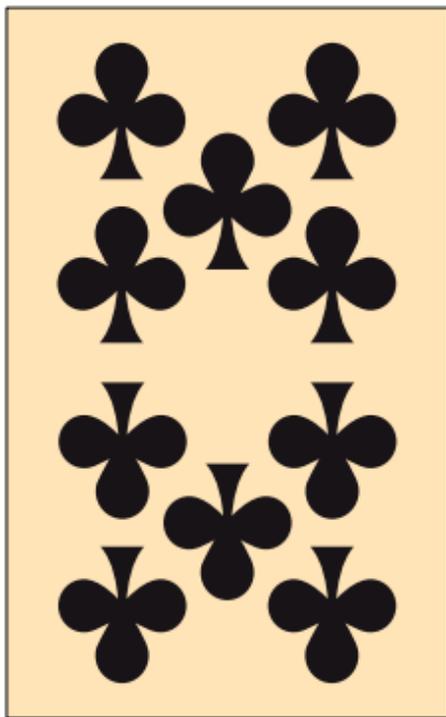
care



Fürsorge

9

10 security



Sicherheit 10

J

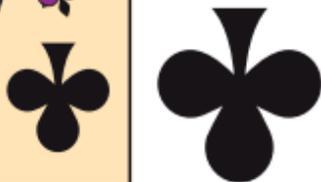
fairness



Fairness

J

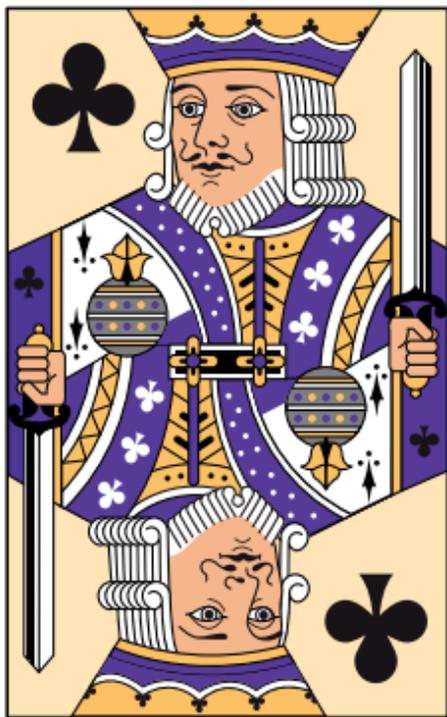
Q responsibility



Verantwortung



K reliability

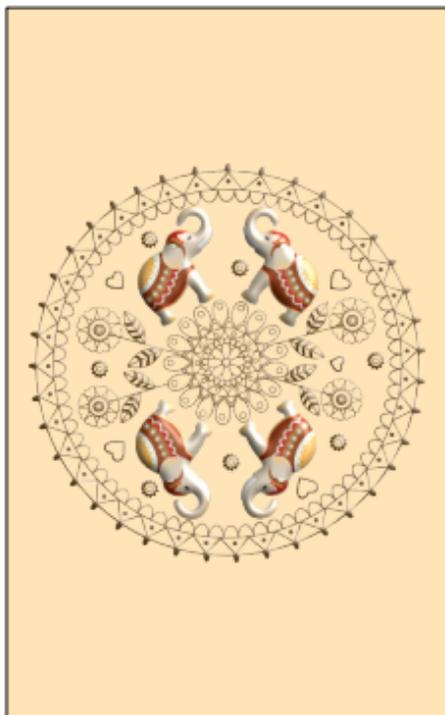


K Verlässlichkeit

LUCK



J  
O  
K  
E  
R



J  
O  
K  
E  
R

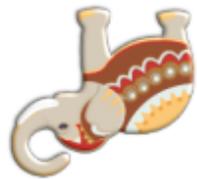
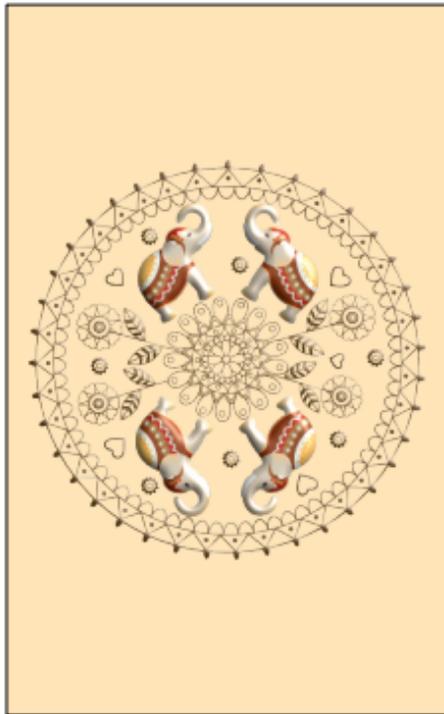


GLÜCK

# FAITH



J  
O  
K  
E  
R



J  
O  
K  
E  
R



# GLAUBE