

# WHAT DO HUMANISTS VALUE?

I don't believe in an afterlife, so **this life is precious**. We should find what makes us **happy** and make the most of our lives. We should also try to help other people do the same.



LAUREN

We should celebrate our many **intellectual and creative achievements**, such as science, medicine, technology, art, music, and literature. We should try to make the most of our talents and abilities and be **optimistic** about what we might achieve in the future.



ALEX

I value the **natural world** around me. Without it we would not survive and this world is the only one we have. It is a source of beauty and **wonder**, and we should take care of it.



JENNY

I value our **curiosity** and our capacity to ask questions. By thinking carefully about the answers and looking for **evidence**, we have been able to discover so much about our world and ourselves, and have been able to improve the quality of our lives.



IAN

For me, one of the most important things in life is forming good **friendships** and relationships with others. **Community** is also important. But we should remember that all human beings around the world are part of one extended family.



GUY

For me, **freedom** is one of the most important things in life: the freedom to believe what I choose and to live my life however I wish, as long as I don't cause harm to others. All human beings should have the freedom to shape their own lives and make their lives feel **meaningful**.



IMTIAZ

We are all part of **humanity** and are all part of the human story. We are all linked across time to our ancestors and will be to our descendants. Human beings have made incredible **progress** in our understanding of the world, and in health, education, and human welfare. We should aim to help the next generation continue that progress.



JESSICA

Humanists believe in a world that promotes **democracy** and **human rights**. We believe in the importance of **equality** and **social justice**. We should work to improve the quality of life for all human beings. We should have **empathy** for others and treat them the way we would like to be treated. We should take care of each other.



ZENA