Participant Quick Start

Learn the values first, then bring them into a real situation

The basic idea. Start with learning and recall. When the values become familiar, use one roll as a reflection lens for a real situation.

Start with Teaching Mode

1. Roll one die.
2. Try to recall the value represented by the symbol.
3. Reveal the value name and meaning.
4. Repeat. Familiarity grows through practice.

The six faces

Face	Value	Meaning
A^{k}	Akahai	Kindness to be expressed with tenderness.
L	Lōkahi	Unity to be expressed with harmony.
O	ʻOluʻolu	Agreeableness to be expressed with pleasantness.
H	Haʻahaʻa	Humility to be expressed with modesty.
A^{h}	Ahonui	Patience to be expressed with perseverance.

ALOHA Pause

△ The triangle represents ALOHA as an integrated whole. Pause and consider all five values together. It is not a sixth value and does not represent Lōkahi alone.

Move into Practice Mode

5. Name one real, manageable situation or use a prepared scenario.
6. Roll one die and recall the value.
7. Reveal the meaning and matching practice question.
8. Reflect through that value. You may speak, write, listen, or pass.
9. Name an action, responsibility, or question to carry forward.

Participation agreements

- Listen fully and avoid interrupting.
- Speak from personal experience.
- Stay close to the question.
- Do not pressure others to disclose.
- Do not diagnose, fix, or advise unless invited and appropriate.
- You may pass. Listening is participation.

A useful reminder. There may be more than one responsible response. The value is a perspective, not an answer, command, prediction, or guarantee.

After the reflection. If the group is making a decision, identify the next action, its owner, and a follow-up time. If the situation requires professional support, stop and use the appropriate resource.