

# Acceptance

to be accepted as I am

# Allyship

To stand up for others

# Achievement

to have important accomplishments

# Adventure

to have new and exciting experiences

# Respect

to honor something or someone

# Challenge

to take on difficult tasks and problems

# Caring

to be loving to others

# Courage

to make brave choices and put the needs of others before oneself

# Courtesy

to be considerate and polite toward others

# Compassion

to feel concern for others

# Dependability

to be reliable and trustworthy

# Cooperation

to work well with others

# Family

to have a happy, loving family

# Creativity

to have new and original ideas

# Friendship

to have close, supportive friends

# Manners

to behave with respect

# Generosity

to give what I have to others

# Excitement

to have a life full of thrills and stimulation

# Health

to be physically well and healthy

# Fitness

to be physically healthy



# Honesty

to be honest and truthful

# Forgiveness

to be forgiving of others

# Justice

to promote fair and equal treatment for all

# Fun

to play and have fun

# Loving

to give love to others

# Growth

to keep changing and growing

# Mindfulness

to live conscious and mindful  
of the present moment

# Helpfulness

to be helpful to others

# Patience

to be calm and wait for your turn

# Hope

to maintain a positive and optimistic outlook



# Responsibility

to make and carry out responsible decisions

# Humor

to see the humorous side of myself and the world

# Self-Acceptance

to accept myself as I am

# Knowledge

to learn and contribute valuable knowledge

# Self-Esteem

to feel good about myself

# Openness

to be open to new experiences, ideas, and options

# Service

to be of service to others

# Purpose

to have meaning and direction in my life

# Simplicity

to limit my needs and wants

# Safety

to be safe and secure



# Spirituality

to grow and mature spiritually

# Self-Control

to be disciplined in my own actions

# Tolerance

to accept and respect those who differ from me

# Self-Knowledge

to have a deep and honest understanding of myself

# World Peace

to work to promote peace in the world

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