

Holistic

Well rounded and balanced

Environmental Justice

an equitable distribution of resources

Transparency

Demonstrating access to information and motives

Allyship

To stand up for others

Acceptance

to be accepted as I am

Creativity

to have new and original ideas

Achievement

to have important accomplishments

Excitement

to have a life full of thrills and stimulation

Courtesy

to be considerate and polite toward others

Forgiveness

to be forgiving of others



Dependability

to be reliable and trustworthy

Fun

to play and have fun

Ecology

to live in harmony with the environment

Genuineness

to act in a manner that is true to who I am

Faithfulness

to be loyal and true in relationships

Growth

to keep changing and growing

Family

to have a happy, loving family

Helpfulness

to be helpful to others

Flexibility

to adjust to new circumstances easily

Hope

to maintain a positive and optimistic outlook



Friendship

to have close, supportive friends

Humor

to see the humorous side of myself and the world

Generosity

to give what I have to others

Knowledge

to learn and contribute valuable knowledge

Health

to be physically well and healthy

Mastery

to be competent in my everyday activities

Honesty

to be honest and truthful

Non-Conformity

to question and challenge authority and norms

Humility

to be modest and unassuming

Openness

to be open to new experiences, ideas, and options



Independence

to be free from dependence on others

Purpose

to have meaning and direction in my life

Inner Peace

to experience personal peace

Realism

to see and act realistically and practically

Justice

to promote fair and equal treatment for all

Risk

to take risks and chances

Loving

to give love to others

Safety

to be safe and secure

Nurturance

to take care of and nurture others

Stability

to have a life that stays fairly consistent



Order

to have a life that is well-ordered and organized

Tradition

to follow respected patterns of the past

Rationality

to be guided by reason and logic

Wealth

to have plenty of money

Responsibility

to make and carry out responsible decisions

Tolerance

to accept and respect those who differ from me

Service

to be of service to others

World Peace

to work to promote peace in the world

Spirituality

to grow and mature spiritually

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