

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

Other value:

Other value:

Other value:

Other value:

Other value:

