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
<table>
<thead>
<tr>
<th><strong>Responsibility</strong></th>
<th><strong>Humor</strong></th>
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</thead>
<tbody>
<tr>
<td>to make and carry out responsible decisions</td>
<td>to see the humorous side of myself and the world</td>
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<table>
<thead>
<tr>
<th><strong>Self-Acceptance</strong></th>
<th><strong>Knowledge</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>to accept myself as I am</td>
<td>to learn and contribute valuable knowledge</td>
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<thead>
<tr>
<th><strong>Self-Esteem</strong></th>
<th><strong>Openness</strong></th>
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</thead>
<tbody>
<tr>
<td>to feel good about myself</td>
<td>to be open to new experiences, ideas, and options</td>
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<tr>
<th><strong>Service</strong></th>
<th><strong>Purpose</strong></th>
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<tbody>
<tr>
<td>to be of service to others</td>
<td>to have meaning and direction in my life</td>
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<tr>
<th><strong>Simplicity</strong></th>
<th><strong>Safety</strong></th>
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<tbody>
<tr>
<td>to limit my needs and wants</td>
<td>to be safe and secure</td>
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</tbody>
</table>
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: