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

Adapted From: W.R. Miller, J. C’dé Baca, D.B. Matthews, P.L. Wilbourne University of New Mexico, 2001
BUILDING INTENTIONAL COMMUNITIES © 2011 BE THE CHANGE CONSULTING
<table>
<thead>
<tr>
<th>Values</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Responsibility</td>
<td>to make and carry out responsible decisions</td>
</tr>
<tr>
<td>Humor</td>
<td>to see the humorous side of myself and the world</td>
</tr>
<tr>
<td>Self-Acceptance</td>
<td>to accept myself as I am</td>
</tr>
<tr>
<td>Knowledge</td>
<td>to learn and contribute valuable knowledge</td>
</tr>
<tr>
<td>Openness</td>
<td>to be open to new experiences, ideas, and options</td>
</tr>
<tr>
<td>Service</td>
<td>to be of service to others</td>
</tr>
<tr>
<td>Purpose</td>
<td>to have meaning and direction in my life</td>
</tr>
<tr>
<td>Simplicity</td>
<td>to limit my needs and wants</td>
</tr>
<tr>
<td>Safety</td>
<td>to be safe and secure</td>
</tr>
</tbody>
</table>
Spirituality
\hspace{0.6cm} to grow and mature spiritually

Self-Control
\hspace{0.6cm} to be disciplined in my own actions

Tolerance
\hspace{0.6cm} to accept and respect those who differ from me

Self-Knowledge
\hspace{0.6cm} to have a deep and honest understanding of myself

World Peace
\hspace{0.6cm} to work to promote peace in the world

Other value:

Other value:

Other value:

Other value: