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: