

# 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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