

Abundance	Approaching life assuming the best and that there is more than enough for you and others.
Acceptance	Actively working to respect, understand and accept others; being accepted by others for who you are
Accountability	Willingness or obligation to explain one's actions or to admit being the cause of an issue
Achievement	Persistently working toward your goals at all times.
Adventure	Seeking interesting, exciting or noteworthy experiences
Advocacy	Actively supporting or favoring a cause; championing others and their needs
Aesthetics	Appreciation and enjoyment of beauty and artistic experiences
Altruism	Active concern for the needs and values of others
Ancestry	Respecting and honoring who came before us, our line of descent when making choices and decisions
Autonomy	The drive to be an independent, self-determining individual
Balance	A condition in which opposing forces are equal to one another
Boldness	Inclined or willing to take risks, be authentically yourself, go against social norms
Calmness	A state of freedom disturbance, at peace
Challenge	Actively questioning or pushing against the norm
Charity	The act of giving to those In need
Cheerfulness	Actively promoting high spirits and amusement and often accompanied by laughter
Community	Participating in and promoting the connection between people who care about something and pursue it together
Competency/Skill	Striving to consistently perform certain skills at a respectable level
Consistency	Constant, stable, executing certain Ideas, policies, rules the same way every time
Control/Influence	Authority or influence over others
Creativity	The ability to transcend traditional ideas, rules, patterns, relationships, or the like, to create meaningful new ideas, forms, methods and interpretations
Credibility	The quality of being believed or accepted as true, real, or honest
Curiosity	An eager desire to find out about things; actively pursuing more information or insight
Decisiveness	Firm or unwavering adherence to one's purpose
Dedication	Adherence to something to which one is bound by a pledge or duty
Dependability	Follow Through; Worthiness as the recipient of another's trust or confidence
Development	The act of growing or improving; the process of going from simple or basic to complex or advanced

Dignity	Demonstrating behavior and stature that earns the respect of self and others
Diversity	The quality or state of being composed of many different visions, back-grounds, beliefs, etc.
Empathy	Feeling that you understand and share another person's experiences and emotions
Emotional Well-Being	Inner peace, abiding confidence, freedom from anxieties and tranquility
Encouragement	Being supportive and cheering on others in their endeavors
Ethics	The code of good, morally sound conduct for an individual or group
Excellence	Exceptionally high quality
Family	Prioritizing the people with whom you have an emotional and/or biological bond
Flexibility	The ability to vary or change as needed/encouraged
Freedom	The state of being free from control or power of another; the ability to choose how and when to act
Fun	Actively pursuing and providing amusement or enjoyment
Generosity	Giving/sharing in abundance and without hesitation
Grace	Forgiveness; assuming the best of others; allowing others to be fully human
Happiness	A feeling or state of well-being and contentment
Harmony	Unity in relationships; the absence of conflict and strife between associates
Health	Soundness of body, mind and spirit
Honesty	Truth, openness and fairness of conduct; integrity
Honor	A recognition bestowed on people who distinguish themselves from peers by living a life of superior standing
Humility	The ability to be honest with yourself; admitting mistakes and shortcomings; teachable and open to change
Humor	Actively looking for and finding amusement
Inclusiveness	Act of covering/including all points, opinions, individuals, etc. ; welcoming of people from all origins, beliefs, walks of life
Independence	To be free from the control or power of others
Individuality	Recognizing the set of qualities that make a person different from other people
Innovation	Something created for the first time through the use of the imagination
Inspiration	Motivating; the ability to form mental images of things that either are not physically present or have never been conceived or created by others
Intelligence	The ability to learn and understand or to deal with problems
Intuition	An innate sense of what is true or what will happen
Joy	A feeling or state of elation, well-being and contentment

Justice	Behavior that conforms to what is right, fair and reasonable; seeking policies and behavior that promote justice.
Kindness	A sympathetic concern for the well-being of others
Knowledge	Facts and lessons learned; understanding or awareness of principles that organize and explain
Leadership	The capacity to guide the actions of a person or group
Learning	To acquire complete knowledge, understanding or skill in a specific subject or area
Love	Unselfish devotion that freely accepts another person
Loyalty	Maintained allegiance to a person, group, institution or idea
Mindfulness	A state of being intentionally aware; thinking, speaking and acting with intention
Motivation	Something that arouses action or activity
Optimism	An inclination to believe in the most favorable outcome and assume the best
Originality	The quality or appeal of being new; the skill and imagination to create new things
Passion	The “fire within” that brings rewards beyond any monetary gain or satisfaction from your work
Perfection	The quality or state of being very accurate or high quality
Performance	The doing of an action; presentation of self/work from a particular point of view
Playfulness	A natural disposition for playful behavior
Pleasure	Enjoyment and gratification delivered from that which is to one’s liking; seeking activities and experience that bring enjoyment
Physical Appearance	Concern for the attractiveness of one’s own body
Popularity	The state of enjoying widespread approval
Power	The right or means to command or control others
Proactive	Having or showing awareness of and preparation for the future
Professionalism	Having or showing trained ability in a particular field of knowledge; a formal way of conducting yourself while at work
Quality	A degree of excellence
Recognition	Favorable attention and acknowledgement from others that makes one feel significant
Relationships	Being surrounded by and connected with people who like and care about you
Resilience	The ability to withstand or adjust to challenges
Resourcefulness	Ability to deal well with new or difficult situations and to find solutions to problems
Responsibility	Being held accountable as the cause of something that needs to be set right or acknowledged
Responsiveness	Producing or exhibiting a desired reaction to a request or need
Safety	The state of not being exposed to any dangers
Security	The ability to be certain or sure of outcomes

Self-Control	The power to control one's actions, impulses or emotions
Selflessness	A tendency to regard the well-being of others as more important than one's own well-being
Service	An act of kind assistance to others
Simplicity	The quality or state of having a form of few parts or elements
Spirituality	Sensitivity or attachment to religious values or beliefs
Stability	The ability to withstand force or stress without being distorted, dislodged or damaged
Success	A degree or measure of succeeding; A favorable or desired outcome
Teamwork	Work done by several associates with each doing a part but all subordinating personal prominence to the efficiency of the whole
Thankfulness	Acknowledgement of having received something good from another
Thoughtfulness	Given to or chosen or made with heedful anticipation of the needs and wants of others
Traditionalism	Adherence to the doctrines or practices of a tradition
Trustworthiness	Worthy of trust, confidence; dependable
Understanding	The power of comprehending; the power to make experience intelligible by applying concepts and categories
Uniqueness	Original, Able to be distinguished from all others of its class or type
Usefulness	The quality of having utility and especially practical worth or applicability
Versatility	Embracing a variety of subjects, fields or skills
Vision	The act or power of imagination; a view of what is possible in the future
Wealth	An abundance of valued material possessions and resources; economic prosperity
Well-Being	The state of being happy, healthy and/or prosperous
Wisdom	A wise attitude, belief, or course of action; ability to discern inner qualities and relationships