

**COMMITMENT**  
to make enduring,  
meaningful  
commitments

**ACCEPTANCE**  
to be accepted as I  
am

**POPULARITY**  
to be well liked by  
many people

**CHALLENGE**  
to take on difficult  
tasks and problems

**SAFETY**  
to be safe and  
secure

**KNOWLEDGE**  
to learn and  
contribute  
valuable knowledge

**FITNESS**  
to be physically fit  
and strong

**TRADITION**  
to follow respected  
patterns of the past

**SPIRITUALITY**  
to grow and mature  
spiritually

**HOPE**  
to maintain a  
positive and  
optimistic out look

**FLEXIBILITY**  
to adjust to new  
circumstances easily

**COMFORT**  
to have a pleasant  
and comfortable life

**INDEPENDENCE**  
to be free from  
dependence on  
others

**HUMOR**  
to see the  
humorous side of  
myself and the  
world

**FUN**  
to play and have  
fun

**FAMILY**  
to have a happy,  
loving family

<p><b>PASSION</b></p> <p>to have deep feelings about ideas, activities, or people</p>			
<p><b>LOVED</b></p> <p>to be loved by those close to me</p>			
<p><b>GENUINENESS</b></p> <p>to act in a manner that is true to who I am</p>			
<p><b>OPENNESS</b></p> <p>to be open to new experiences, ideas, and options</p>			
<p><b>ACHIEVEMENT</b></p> <p>to have important accomplishments</p>	<p><b>COOPERATION</b></p> <p>to work collaboratively with others</p>	<p><b>HONESTY</b></p> <p>to be honest and truthful</p>	<p><b>HEALTH</b></p> <p>to be physically well and healthy</p>
<p><b>WEALTH</b></p> <p>to have plenty of money</p>	<p><b>INNER PEACE</b></p> <p>to experience personal peace</p>	<p><b>NON-CONFORMITY</b></p> <p>to question and challenge authority and norms</p>	<p><b>LEISURE</b></p> <p>to take time to relax and enjoy</p>
<p><b>DEVELOPMENT</b></p> <p>to keep changing and growing</p>	<p><b>RISK</b></p> <p>to take risks and chances</p>	<p><b>JUSTICE</b></p> <p>to promote fair and equal treatment for all</p>	<p><b>MINDFULNESS</b></p> <p>to live conscious and mindful of the present moment</p>

**RESPONSIBILITY**  
to make and carry  
out responsible  
decisions

**SOLITUDE**  
to have time and  
space where I can  
be apart from  
others

**CREATIVITY**  
to have new and  
original ideas

**LOVING**  
to give love to  
others

**CONTRIBUTION**  
to make a lasting  
contribution in the  
world

**FRIENDSHIP**  
to have close,  
supportive friends

**TOLERANCE**  
to accept and  
respect those who  
differ from me

**STABILITY**  
to have a life that  
stays consistent

**PURPOSE**  
to have meaning  
and direction in my  
life

**SELF-ESTEEM**  
to feel good about  
myself

**CARING**  
to take care of  
others

**SELF-  
ACCEPTANCE**  
to accept myself as  
I am

**ECOLOGY**  
to live in harmony  
with the  
environment

**PLEASURE**  
to feel good

**ADVENTURE**  
to have new and  
exciting experiences

**SELF-  
CONTROL**  
to be disciplined in  
my own actions