

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

PASSION

to have deep feelings about ideas, activities, or people

LOVED

to be loved by those close to me

GENUINENESS

to act in a manner that is true to who I am

OPENNESS

to be open to new experiences, ideas, and options

ACHIEVEMENT

to have important accomplishments

COOPERATION

to work collaboratively with others

HONESTY

to be honest and truthful

HEALTH

to be physically well and healthy

WEALTH

to have plenty of money

INNER PEACE

to experience personal peace

NON-

CONFORMITY

to question and challenge authority and norms

LEISURE

to take time to relax and enjoy

DEVELOPMENT

to keep changing and growing

RISK

to take risks and chances

JUSTICE

to promote fair and equal treatment for all

MINDFULNESS

to live conscious and mindful of the present moment

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