Acceptance

to accept others and circumstances as they are



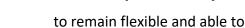
to be willing to accept responsibility or to account for my actions



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Achievement

to have important accomplishments



to remain flexible and able to adjust to new conditions

Adaptability



a

Adventure

to seek out and/or participate in exciting events that involve uncertainty

Advocacy

the act or process of supporting a cause



Aggression

to be forceful, demanding, or readiness to confront in pursuit of something

Altruism

to act to promote someone else's welfare even at the expense of ourselves



a

Ambition

a strong desire to do or achieve something

Appreciation

to be recognized with admiration, approval, or gratitude





Approval

to be accepted as I am; to be confirmed or validated



to appreciate or express myself in art



a

Assertiveness

to confidently communicate ideas and needs



Attractiveness

to be physically attractive



Authenticity

to be true to one's own personality, spirit, or character



Authority

power to influence or command thought, opinion, or behavior



Autonomy

the quality or state of being self-governing; self-directing freedom



Balance

expanding your time and energy according to what is most important to you



Beauty

to appreciate the beauty around me



Being Present

to be attentive to the current moment, free from distractions



Belonging

to have a sense of belonging, being part of; a close or intimate relationship

Boldness

to willingly to take risks and act innovatively; confidence or courage



a

Boundaries

a limit that is set on what you will accept



Bravery

the quality that allows someone to do things that are frightening



Career

an occupation undertaken for a significant period of a person's life and with opportunities for progress



Caring

feeling or showing concern for or kindness to others



Charity

generosity and helpfulness especially toward the needy or suffering



Choice

the power, right, or opportunity to choose



Church

a body or organization of religious believers



Citizenship

the position or status of being a citizen of a particular state or country



Cleanliness

the quality or state of being clean

Closeness

the quality of affection or intimacy in a relationship



a

Commitment

being obligated or dedicated to a cause, activity or person emotionally impelled



Common Sense

sound judgment in practical matters



Communication

the exchange of meaning and information between individuals through a system of symbols, words, and behavior



Community

a group of people that have a particular characteristic in common



Companionship

spending time with someone or having someone to spend time with you



Compassion

concern for the sufferings or misfortunes of others



Competence

having sufficient knowledge and ability to do something efficiently



Compromise

the act or practice of each side giving up something in order to reach an agreement



Confidence

to be certain of and appreciative of abilities or qualities



Consistency

the fact of always behaving or occurring in the way expected



Contribution

the giving or supplying of something that plays a significant part in making something happen



Control

exerting influence over one's environment or the actions or behaviors of another person



Cooperation

placing importance on working together to achieve results; go along with a role



Courage

mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty



Creativity

placing importance on imagination, inspiration, and inventiveness



Curiosity

being interested, inquisitive; open to exploration and discovery



Decisiveness

the ability to make decisions firmly, clearly, conclusively, and in a timely manner



Diet

the customary amount and kind of food and drink taken by a person from day to day



Discipline

training that corrects, molds, or perfects the mental faculties or moral character



Diversity

appreciation of and respect for individual differences



Education

the experience of learning new things



Emotional Safety

the ability to express emotion freely without consequences



Empathy

the capacity to understand or feel what another person is experiencing from within their frame of reference



Employment

work completed to make ends meet



Empowerment

the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights



Environmentalism

concern about and action aimed at protecting the environment



Equality

the state of being equal, especially in status, rights, and opportunities



Exercise

activity requiring physical effort, carried out to sustain or improve health and fitness



Expertise

expert skill or knowledge in a particular field

Exploration

the action of traveling in or through an unfamiliar area in order to learn about it



a

Faith

complete trust or confidence in someone or something



Faithfulness

lasting loyalty and trustworthiness in relationships



Family

a group of persons united by the ties of marriage, blood, or adoption interacting with each other in their respective social positions



Fellowship

a feeling of belonging with others, as a result of sharing common attitudes, interests, and goals



Financial Stability

building a financial system that can function in good times and bad



Fitness

one's ability to execute daily activities with optimal performance, endurance, and strength



Forgiveness

the release of resentment or anger



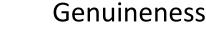
Freedom

to be free from undue restrictions and limitations; without obligation



Friendship

a state of mutual affection, trust, and support



to act in a manner that is sincere and honest



a

God's Will

making efforts to live in a way that is in accordance with God's plan

Grace

to demonstrate compassion and self-compassion



a

Gratitude

the quality of being thankful; readiness to show appreciation for and to return kindness



Growth

continual development to reach full potential



Happiness

a state of well-being and contentment



Health

the condition of being sound in body, mind, or spirit



Helpfulness

the quality of giving or being ready to give help



Hobbies

an activity outside of one's regular occupation that is engaged in primarily for pleasure



Honesty

telling the truth, not engaging in deception, being forthright and candid



Hope

to cherish a desire with anticipation; to want something to happen or be true



Humility

freedom from pride or arrogance



Humor

tendency of experiences to provoke laughter and provide amusement



Identity

the individual characteristics by which a thing or person is recognized or known



Imagination

the ability of the mind to be creative or resourceful



Inclusion

to be included in the activities and relationships around me



Independence

the state of being free of the control of some other person or entity



Influence

the capacity to have an effect on the character, development, or behavior of someone or something, or the effect itself



Inner Peace

deliberate state of psychological or spiritual calm despite the potential presence of stressors



Insightfulness

having or showing a very clear understanding of something



Integrity

to live daily life in a way that is consistent with one's values



Intelligence

the capacity for learning, reasoning, understanding, and similar forms of mental activity



Intimacy

a closeness between people who feel safe and secure with each other



Joy

the emotion of great delight or happiness caused by something exceptionally good or satisfying



Justice

the idea that people are to be treated impartially, fairly, properly, and reasonable



Kindness

being considerate, helpful, or caring to myself or others



Knowledge

acts, information, and skills acquired by a person through experience or education; the practical understanding of a subject



Leadership

the ability of an individual or a group of individuals to influence and guide others



Leisure

time when you are not working, where you can enjoy things that you like to do



Love

to be loved by those close to me and/or to give love to others



a strong feeling of support or allegiance



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Marriage

a relationship in which two people have pledged themselves to each other



Meaning

to understand the purpose and significance of something



Meditation

the act or process of spending time in quiet thought: the act or process of meditating



Mindfulness

focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings



Moderation

the quality of being moderate; restraint; avoidance of extremes or excesses



Money

the idea that money creates success, happiness, or security



Monogamy

the state or practice of having only one sexual partner during a period of time



Multitasking

the ability to do several things at the same time



Music

to experience emotional connection through music



Nature

the physical world and everything in it (such as plants, animals, mountains, oceans, stars, etc.) that is not made by people



Openness

revealing myself, letting people know my thoughts and feelings; to be open to new things



Optimism

the future or the successful outcome of something



Organization

act of taking an efficient and orderly approach to tasks



Originality

the ability to think, uniquely, independently, and creatively



Passion

to have deep or strong feelings about ideas, activities, or people



Patriotism

the feeling of love, devotion, and sense of attachment to one's country



Perfection

the condition, state, or quality of being, or appearing to be, free from all flaws or defects



Pets

an animal kept for companionship or pleasure



Playfulness

imagination, spontaneity; the ability to have fun and experience amusement



Pleasure

a state of gratification; source of delight or joy



Politics

activities that relate to influencing the actions and policies of a government



Popularity

the state of being liked, enjoyed, or accepted by a large number of people



Positivity

the practice of being or tendency to be positive or optimistic in attitude



Possessions

the state of having, owning, or controlling something



Power

the capacity or ability to direct or influence the behavior of others or the course of events



Praise

the expression of approval or admiration for someone or something; express warm approval or admiration of



Prayer

the act or practice of praying



Predictability

the likelihood, or certainty, that an event is going to occur as expected



Pride

confidence and self-respect by an individual or group



Productivity

how efficiently a person generates, creates, enhances, or completes a task



Professionalism

the conduct, aims, or qualities that characterize or mark a profession or a professional person



Prosperity

a successful, flourishing, or thriving condition



Protection

the action of protecting, or the state of being protected



Provide

to provide for and take care of others



Purpose

to have meaning and direction in my life; the reason for which something is done or created or for which something exists



Quality Time

to spend time with those that are important to me



Reason

to think, understand, and form judgments by a process of logic



Recognition

acknowledgement and/or validation from others



Recovery

a return to a normal state of health, mind, or strength



Reliability

the quality of being trustworthy, dependable, or consistent



Religion

a specific system of belief or worship



Reputation

the beliefs or opinions that are generally held about someone or something



Respect

a feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements



Responsibility

obligations, duties, decision making, or control



Restraint

a control over the expression of one's emotions or thoughts



Romance

a feeling of excitement and mystery associated with love



Routine

predictable pattern of behaviors or activities that are typically done everyday



Safety

the condition of being safe from undergoing or causing hurt, injury, or loss



Security

feeling of being protected or safeguarded from danger; a sense of comfort

Self-Acceptance

acceptance of all of one's attributes, positive and negative



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Self-Actualization

the realization or fulfillment of one's talents and potential



Self-Awareness

conscious knowledge of one's own character, feelings, motives, and desires



Self-Care

the practice of taking an active role in protecting one's own well-being and happiness



Self-Control

control or restraint of oneself or one's actions, feelings, or words



Self-Esteem

confidence in one's own worth or abilities; self-respect



Self-Knowledge

to have a deep and honest understanding of myself, motives, or character



Self-Reflection

meditation or serious thought about one's character, actions, and motives



Self-Reliance

reliance on one's own powers and resources rather than those of others



Self Determination

the process by which a person controls their own life



lack of preoccupation with one's own interests; attentiveness to the interests of others



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Service

to be helpful and of service to others



Sexual Expression

a complex process through which we reveal our sexual selves



Sexuality

to have an active and satisfying sex life



Simplicity

the state of being simple or uncomplicated



Sobriety

to be abstinent or free of intoxicating or mood-altering substances



Social Justice

fair treatment of all people in a society, including respect for the rights of minorities and distribution of resources



Solitude

the state of being alone by choice, especially when it is peaceful and pleasant



Spirituality

seeking a meaningful connection with something bigger than yourself



Spontaneity

a way of behaving in which one does what feels natural and good, without planning

Stability

to have a life that stays fairly consistent



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Status

placing importance on the rank or position of something



Strength

the quality or state of being strong; capacity for exertion or endurance



Success

to achieve a favorable or desired outcome



Superiority

to be superior to others in a particular task or area of life



Support

to have encouraging people whom I can ask for help



Supportive

being helpful, encouraging, and available to myself or others



Thoughtfulness

intentional consideration for the needs of others



Tolerance

to accept and respect those who differ from me



Touch

to have intentional, meaningful touch; hugs, kisses, cuddling, etc



Tradition

to follow expected patterns of the past



Trust

willing to believe in the honesty, sincerity, reliability, or competence of another



Usefulness

to be used for a practical purpose or in several ways



Validation

recognition or affirmation that a person or their feelings or opinions are valid or worthwhile



Vanity

excessive pride in or admiration of one's own appearance or achievements



Virtue

moral principles that govern a person's behavior or the conducting of an activity



Vulnerability

uncertainty, risk, and emotional exposure



Wealth

richness in terms of assets or money



Work

fulfillment of task to reach a desired outcome

