

Acceptance

to accept others and
circumstances as they are



Accountability

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



Achievement

to have important accomplishments



Adaptability

to remain flexible and able to
adjust to new conditions



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



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



Art

to appreciate or express myself in art



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



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



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



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



Genuineness

to act in a manner that is
sincere and honest



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



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



Loyalty

a strong feeling of support or allegiance



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

hopefulness and confidence about
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



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



Selflessness

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



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



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

