



FRIENDLINESS

to be companionable to others

Values cards – cut to use for values card sorts



FUN

*to be fun-loving; to create
and engage in fun activities*



ASSERTIVENESS

*to respectfully stand up for myself
and request what I need/want*



FREEDOM

*to choose how I live and behave
&/or help others to do likewise*



CONFORMITY

to be respectful and obedient of rules, obligations, etc



CURIOSITY

*to be open-minded and interested;
to explore and discover*



EXCITEMENT

*to seek, create, engage in activities
that are stimulating or thrilling*



COMPASSION

*to act with kindness towards
those who are suffering*



GRATITUDE

*to be appreciative of the positive
aspects of myself, others, and life*

GENEROSITY

*to be sharing and giving
to myself and others*

ENCOURAGING

*to encourage and reward valued
behavior in myself and others*

CARING

*to be caring towards myself,
others, the environment, etc*

EQUALITY

*to treat others as equal
to myself and vice versa*

CHALLENGE

to strive to learn, grow, and improve

BEAUTY

*to create, nurture, appreciate beauty
in myself, others, the world, etc*

FORGIVENESS

*to be forgiving towards myself
and others*

HUMOR

*to see and appreciate
the funny parts of life*

INDEPENDENCE

*to be self-supportive and choose
my own way of doing things*

SELF-AWARENESS

*to be aware of my thoughts,
feelings, and actions*

HUMILITY

to be modest; to let my achievements speak for themselves

SELF-CONTROL

to act in accordance with my own ideals

POWER

to wield authority or influence over others

JUSTICE

to uphold justice and fairness

DEVELOPMENT

to grow & improve my knowledge, skills, character, life experience

PLEASURE

to create or seek pleasure for myself or others

INTIMACY

to be open and share myself in my close relationships

SELF-CARE

to look after my health and well-being and get my needs met

PERSISTENCE

to continue despite problems or difficulties

WELLNESS

to look after my physical and mental health and well-being

CONTRIBUTION

*to help, assist, or make a difference
for myself, others, or the world*

SPIRITUALITY

to connect with things bigger than myself

RESPONSIBILITY

to be accountable for my actions

MINDFULNESS

*to be open to and curious about
my here-and-now experience*

SEXUALITY

to explore and express my sexuality

RESPECT

*to be considerate, polite, and
respectful to myself and others*

LOVE

*to act affectionately towards
myself and others*

SENSUALITY

*to create and engage in experiences
that stimulate the five senses*

RECIPROCITY

*to act in accordance with balanced
give-and-take in relationships, etc*

PATIENCE

to wait calmly for what I want

INDUSTRY

to be hard-working and dedicated

KINDNESS

*to be considerate, compassionate,
caring towards myself and others*

ORDER

to be orderly and organized

FAIRNESS

to be fair with myself and others

CONNECTION

*to engage fully with what I am
doing, and be fully present*

ACCEPTANCE

*to be open to and accepting
of myself, others, life, etc*

TRUST

*to be trustworthy, reliable,
loyal, faithful, and sincere*

SUPPORTIVENESS

*to be helpful, encouraging, and
available to myself and others*

SAFETY

*to secure, protect, or ensure
the safety of myself and others*

OPEN-MINDEDNESS

*to think things through and
see others' points of view*

HONESTY

*to be truthful and sincere
with myself and others*

ROMANCE

to display romantic love and affection

SKILLFULNESS

*to hone and improve my skills, and
fully apply myself when using them*

COURAGE

*to be brave and persist
in the face of fear*

FREEDOM

*to choose how I live and behave,
to help others do likewise*

COOPERATION

to be collaborative with others

ADVENTURE

*to seek, create, or explore
new circumstances*

FLEXIBILITY

*to readily adjust and adapt
to changing circumstances*

CONFORMITY

*to be respectful and obedient
of rules and obligations*

CREATIVITY

to be innovative, creative