

VALUES

WORDS TO GET YOU STARTED

Use this list of values to identify your personal values. Circle the words that resonate and cross out the ones that do not apply to you.

- Accomplishment
- Accountable
- Active
- Adaptive
- Adventurous
- Agile
- Aggressive
- Altruism
- Amazement
- Appreciation
- Aware
- Awe
- Balance
- Beauty
- Being Present
- Belonging
- Bravery
- Brilliance
- Calm
- Candor
- Capable
- Care
- Challenge
- Change
- Charitable
- Cheerful
- Clarity
- Commitment
- Community
- Compassion
- Competence
- Communication
- Connection
- Continuity
- Coolness
- Cooperative
- Courage
- Creativity
- Curiosity
- Daring
- Dependable
- Depth
- Dignity
- Diligence
- Directness
- Discovery
- Diversity
- Dreaming
- Drive
- Eager
- Education
- Effective
- Emotional
- Empathy
- Engagement
- Enjoyment
- Entrepreneurial
- Environmentalism
- Ethical
- Excellence
- Excitement
- Exploration
- Fairness
- Faith
- Family
- Ferocity
- Financial independence
- Fitness
- Flexibility
- Flow
- Forgiveness
- Fun
- Generosity
- Grace
- Gratitude
- Growth
- Happiness
- Harmony
- Health
- Heart
- Helpful
- Honesty
- Honor
- Hopeful
- Humility
- Humor

- Imagination
- Impact
- Independence
- Individuality
- Ingenuity
- Innovation
- Insatiable
- Integrity
- Intellectual
- Intensity
- Intuition
- Joy
- Justice
- Kindness
- Knowledge
- Laughter
- Leadership
- Learning
- Logical
- Love
- Loyalty
- Making a difference
- Mastery
- Mindfulness
- Nature
- Open-mindedness
- Optimism
- Order
- Originality
- Outdoors
- Patience
- Passion
- Peace
- Perceptiveness
- Persistence
- Playfulness
- Purpose
- Questioning
- Quirky
- Reflection
- Relaxation
- Reliability
- Resilience
- Resourcefulness
- Respect
- Responsibility
- Scientific
- Self-control
- Selflessness
- Self-reliance
- Sensitivity
- Service
- Sexuality
- Sharing
- Silliness
- Simplicity
- Sincerity
- Spirit
- Spirituality
- Spontaneity
- Stewardship
- Stillness
- Strength
- Success
- Supportive
- Teaching
- Teamwork
- Thoughtful
- Tranquility
- Travel
- Trust
- Truth
- Understanding
- Uniqueness
- Vivacity
- Warmth
- Wealth
- Willingness
- Wisdom
- Wittiness
- Wonder
- Worthiness
- Zeal

**YOU DECIDE HOW TO MAKE YOUR MOTTO
YOUR OWN. THERE ARE NO RIGHT OR
WRONG ANSWERS, JUST FUN AND FAMILY
CONNECTION.**