

# Values

## Words to get you started

Use this list of values to find your family motto. 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

Once you pick your value words, you get to decide what the words mean to you and how you want to incorporate those values into your life.