

**ACCEPTANCE**

to be accepted as I am

**ACCURACY**

to be accurate in my opinions and beliefs

**ACHIEVEMENT**

to have important accomplishments

**ADVENTURE**

to have new and exciting experiences

**ATTRACTIVENESS**

to be physically attractive

**AUTHORITY**

to be in charge of and responsible for others

**AUTONOMY**

to be self-determined and independent

**BEAUTY**

to appreciate beauty around me

**CARING**

to take care of others

**CHALLENGE**

to take on difficult tasks and problems

**CHANGE**

to have a life full of change and variety

**COMFORT**

to have a pleasant and comfortable life

**COMMITMENT**

to make enduring, meaningful commitments

**COMPASSION**

to feel and act on concern for others

**CONTRIBUTION**

to make a lasting contribution

**COOPERATION**

to work collaboratively with others in the world

**COURTESY**

to be considerate and polite toward others

**CREATIVITY**

to have new and original ideas

**DEPENDABILITY**

to be reliable and trustworthy

**DUTY**

to carry out my duties and obligations

**ECOLOGY**

to live in harmony with the environment

**EXCITEMENT**

to have a life full of thrills and stimulation

**FAITHFULNESS**

to be loyal and true in relationships

**FAME**

to be known and recognized

**FAMILY**

to have a happy, loving family

**FITNESS**

to be physically fit and strong

**FLEXIBILITY**

to adjust to new circumstances easily

**FORGIVENESS**

to be forgiving of others

**FRIENDSHIP**

to have close, supportive friends

**FUN**

to play and have fun

**GENEROSITY**

to give what I have to others

**GENUINENESS**

to act in a manner that is true to who I am

**WILL**

to seek and obey the will of God

**GROWTH**

to keep changing and growing

**HEALTH**

to be physically well and healthy

**HELPFULNESS**

to be helpful to others

**HONESTY**

to be honest and truthful

**HOPE**

to maintain a positive and optimistic outlook

**HUMILITY**

to be modest and unassuming

**HUMOR**

to see the humorous side of myself and the world

**INDEPENDENCE**

to be free from dependence on others

**INDUSTRY**

to work hard and well at my life tasks

*Adapted from the Personal Values Card Sort by W.R. Miller, J. C'de Baca, D.B. Matthews and P.L. Wilbourne*

**INNER PEACE**

to experience personal peace

**INTIMACY**

to share my innermost experiences with others

**JUSTICE**

to promote fair and equal treatment for all

**KNOWLEDGE**

to learn and contribute valuable knowledge

**LEISURE**

to take time to relax and enjoy

**LOVED**

to be loved by those close to me

**LOVING**

to give love to others

**MASTERY**

to be competent in my everyday activities

**MINDFULNESS**

to live conscious and mindful of the present moment

**MODERATION**

to avoid excesses and find a middle ground

**MONOGAMY**

to have one close, loving relationship

**NON-CONFORMITY**

to question and challenge authority and norms

**NURTURANCE**

to take care of and nurture others

**OPENNESS**

to be open to new experiences, ideas, and options

**ORDER**

to have a life that is well-ordered and organized

**PASSION**

to have deep feelings about ideas, activities, or people

**PLEASURE**

to feel good

**POPULARITY**

to be well-liked by many people

**POWER**

to have control over others

**PURPOSE**

to have meaning and direction in my life

**RATIONALITY**

to be guided by reason and logic

**REALISM**

to see and act realistically and practically

**RESPONSIBILITY**

to make and carry out responsible decisions

**RISK**

to take risks and chances

**ROMANCE**

to have intense, exciting love in my life

**SAFETY**

to be safe and secure

**SELF-ACCEPTANCE**

to accept myself as I am

**SELF-CONTROL**

to be disciplined in my own actions

**SELF-KNOWLEDGE**

to have a deep and honest understanding of myself

**SELF-ESTEEM**

to feel good about myself

**SERVICE**

to be of service to others

**SEXUALITY**

to have an active and satisfying sex life

**SIMPLICITY**

to live life simply, with minimal needs

**SOLITUDE**

to have time and space where I can be apart from others

**SPIRITUALITY**

to grow and mature spiritually

**STABILITY**

to have a life that stays fairly consistent

**TOLERANCE**

to accept and respect those who differ from me

**TRADITION**

to follow respected patterns of the past

**VIRTUE**

to live a morally pure and excellent life

**WEALTH**

to have plenty of money

**WORLD PEACE**

to work to promote peace in the world

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