

Values Exercise

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|----------------|---------------|--------------|---------------|------------------|----------------|-----------------|
| Acceptance | Concentrate | Enthusiasm | Humility | Openness | Security | Trust |
| Accomplishment | Confidence | Equality | Imagination | Optimism | Self-reliance | Trustworthiness |
| Accountability | Connection | Ethical | Improvement | Order | Selfless | Trustworthy |
| Accuracy | Consciousness | Excellence | Inclusiveness | Organization | Sensitivity | Truth |
| Achievement | Consistency | Experience | Inclusivity | Originality | Serenity | Understanding |
| Adaptability | Contentment | Exploration | Independence | Passion | Service | Uniqueness |
| Alertness | Contribution | Expressive | Individuality | Patience | Sharing | Unity |
| Altruism | Control | Fairness | Innovation | Peace | Significance | Valor |
| Ambition | Conviction | Faith | Inquisitive | Performance | Silence | Victory |
| Amusement | Cooperation | Family | Insight | Persistence | Simplicity | Vigor |
| Assertiveness | Courage | Famous | Insightful | Playfulness | Sincerity | Vision |
| Attentive | Courtesy | Fearless | Inspiring | Poise | Skillfulness | Vitality |
| Authenticity | Creation | Feelings | Integrity | Potential | Smart | Vulnerability |
| Awareness | Creativity | Ferocious | Intelligence | Power | Solitude | Wealth |
| Balance | Credibility | Fidelity | Intensity | Presence | Spirituality | Welcoming |
| Beauty | Curiosity | Focus | Intuitive | Present | Spontaneous | Wholeness |
| Belonging | Decisive | Foresight | Irreverent | Productivity | Stability | Winning |
| Boldness | Decisiveness | Fortitude | Joy | Professionalism | Status | Wisdom |
| Bravery | Decorum | Freedom | Joyfulness | Prosperity | Stewardship | Wonder |
| Brilliance | Dedication | Friendship | Justice | Purpose | Strength | Zest |
| Calm | Dependability | Fun | Kindness | Quality | Structure | |
| Capable | Determination | Generosity | Knowledge | Realistic | Success | |
| Careful | Development | Genius | Lawful | Reason | Support | |
| Challenge | Devotion | Giving | Leadership | Recognition | Surprise | |
| Charity | Dignity | Goodness | Learning | Recreation | Sustainability | |
| Clarity | Discipline | Grace | Liberty | Reflective | Talent | |
| Cleanliness | Discovery | Graciousness | Listening | Reliability | Teamwork | |
| Clear | Discretion | Gratitude | Logic | Resilience | Temperance | |
| Clever | Drive | Greatness | Love | Resourcefulness | Thankfulness | |
| Collaboration | Effectiveness | Growth | Loyalty | Respect | Thorough | |
| Comfort | Efficiency | Happiness | Mastery | Responsibility | Thoughtful | |
| Commitment | Empathy | Hard work | Maturity | Restraint | Timeliness | |
| Common sense | Empower | Harmony | Meaning | Results-oriented | Tolerance | |
| Communication | Empowerment | Health | Mindfulness | Reverence | Toughness | |
| Community | Endurance | Honesty | Moderation | Rigor | Traditional | |
| Compassion | Energy | Honor | Motivation | Risk | Tranquility | |
| Competence | Enjoyment | Hope | Nurturing | Satisfaction | Transparency | |