

KNOW YOUR Values

PICK 3 TO 5 OF THE MOST IMPORTANT VALUES THAT YOU WOULD LIKE TO BRING MORE INTO THE WAY YOU BEHAVE. ALTHOUGH MANY OF THESE VALUES ARE IMPORTANT TO YOU - JUST PICK 3 TO 5 OF THE MOST IMPORTANT FOR EACH CATEGORY

Health

ACCEPTING	LEARNING
AUTHENTIC	LOYALTY
ACHIEVEMENT	MINDFUL
ADVENTURE	OPEN
CARING	PEACEFUL
CURIOUS	PLAYFUL
COMPASSIONATE	RESPECTFUL
EMPATHETIC	RESPONSIBLE
ENAGGED	SELF-CARING
GENUINE	SINCERE
FAITH	SUPPORTIVE
GRATEFUL	TRUSTING
GENUINE	TRUSTWORTHY
HELPFUL	OTHER
HONEST	OTHER
KIND	OTHER
LOVING	OTHER

work/school

ACCEPTING	LEARNING
AUTHENTIC	LOYALTY
ACHIEVEMENT	MINDFUL
ADVENTURE	OPEN
CARING	PEACEFUL
CURIOUS	PLAYFUL
COMPASSIONATE	RESPECTFUL
EMPATHETIC	RESPONSIBLE
ENAGGED	SELF-CARING
GENUINE	SINCERE
FAITH	SUPPORTIVE
GRATEFUL	TRUSTING
GENUINE	TRUSTWORTHY
HELPFUL	OTHER
HONEST	OTHER
KIND	OTHER
LOVING	OTHER

Leisure

ACCEPTING	LEARNING
AUTHENTIC	LOYALTY
ACHIEVEMENT	MINDFUL
ADVENTURE	OPEN
CARING	PEACEFUL
CURIOUS	PLAYFUL
COMPASSIONATE	RESPECTFUL
EMPATHETIC	RESPONSIBLE
ENAGGED	SELF-CARING
GENUINE	SINCERE
FAITH	SUPPORTIVE
GRATEFUL	TRUSTING
GENUINE	TRUSTWORTHY
HELPFUL	OTHER
HONEST	OTHER
KIND	OTHER
LOVING	OTHER

Relationships

ACCEPTING	LEARNING
AUTHENTIC	LOYALTY
ACHIEVEMENT	MINDFUL
ADVENTURE	OPEN
CARING	PEACEFUL
CURIOUS	PLAYFUL
COMPASSIONATE	RESPECTFUL
EMPATHETIC	RESPONSIBLE
ENAGGED	SELF-CARING
GENUINE	SINCERE
FAITH	SUPPORTIVE
GRATEFUL	TRUSTING
GENUINE	TRUSTWORTHY
HELPFUL	OTHER
HONEST	OTHER
KIND	OTHER
LOVING	OTHER