

Acceptance

To be accepted as I
am



Accuracy

To be correct in my
opinions and
beliefs



Achievement

To have important
accomplishments



Adventure

To have new and
exciting
experiences



Art

To appreciate or
express myself in
art



Attractiveness

To be physically
attractive



Authority

To be in charge of
others



Beauty

To appreciate
beauty around me



Belonging

To have a sense of belonging, being part of



Caring

To take care of others



Challenge

To take on difficult tasks and problems



Comfort

To have a pleasant and comfortable life



Commitment

To make enduring, meaningful commitments



Compassion

To feel and act on concern for others



Complexity

To embrace the intricacies of life



Compromise

To be willing to give and take in reaching agreement



Contribution

To make a lasting
contribution in the
world



Cooperation

To work
collaboratively
with others



Courage

To be brave and
strong in the face
of adversity



Courtesy

To be considerate
and polite toward
others



Creativity

To create new
things or ideas



Curiosity

To seek out,
experience, and
learn new things



Dependability

To be reliable and
trustworthy



Diligence

To be thorough and
conscientious in
whatever I do



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



Freedom
To be free from
undue restrictions
and limitations



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



God's will
To see and obey the
will of God



Gratitude
To be thankful and
appreciative



Growth
To keep changing
and growing



Health
To be physically
well and healthy



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



Imagination
To have dreams and
see possibilities



Independence
To be free from
depending on
others



Industry

To work hard and well at my life tasks



Inner Peace

To experience personal peace



Integrity

To live in a way daily that is consistent with my values



Intelligence

To keep my mind sharp and active



Intimacy

To share my innermost experiences with others



Justice

To promote fair and equal treatment for all



Knowledge

To learn and contribute valuable knowledge



Leadership

To inspire and guide others



Autonomy
To be self-
determined and
independent



Leisure
To make 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



Music

To enjoy or express myself in music



Nonconformity

To question and challenge authority and norms



Novelty

To have a life full of change and variety



Nurturance

To encourage and support 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



Patriotism

To love, serve and protect my country



Pleasure
To feel good



Popularity
To be well liked by
many people



Power
To have control over
others



Practicality
To focus on what is
practical, prudent
and sensible



Protect
To protect and keep
safe those I love



Provide
To provide for and
take care of my
family



Purpose
To have meaning and
direction in my life



Rationality
To be guided by
reason, logic and
evidence



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-esteem**

To feel good about myself



Self-knowledge

To have a deep and honest understanding of my self



Service

To be helpful and of service to others



Sexuality

To have an active and satisfying self 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



