

Note: Use this list of values as a reminder for participants, if needed.

List of Values

These are examples of personal values.

You may add others.

Adventure	Freedom	Optimism
Assertiveness	Friendliness	Patience
Calmness	Fun	Playfulness
Caring	Gratitude	Privacy
Cheerfulness	Hard work	Quality
Commitment	Helpfulness	Reliability
Competition	Honesty	Resourcefulness
Confidence	Respect	Hope
Cooperation	Safety	Humor
Courage	Individuality	Self-control
Dependability	Intelligence	Service
Determination	Justice	Speed
Directness	Learning	Sympathy

Endurance	Love	Teamwork
Enthusiasm	Loyalty	Truth
Fairness	Open-mindedness	Unity