



# ACCEPTING

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Embracing situations and feelings without judgment or resistance, being willing to allow things with openness



# ADVENTUROUS

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Seeking new and meaningful experiences that reflect what matters to you deep in your heart



# ASSERTIVE

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Expressing your thoughts, feelings, or needs respectfully and confidently while considering the rights and boundaries of other people



# AUTHENTIC

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Making choices that align with your true self



# CARING

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Paying attention to and supporting the well-being of self and others with kindness, compassion, and thoughtfulness



# CONNECTED

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Creating and nurturing, meaningful relationships that enrich life and encourage a sense of belonging



# COMPASSIONATE

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Being kind towards yourself and others, especially in challenging times



# ALTRUISTIC

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Demonstrating care about the well-being of others

VALUE

# COURAGEOUS

Taking brave, values-based actions  
in the presence of fear or discomfort

VALUE

# CREATIVE

Expressing yourself using imagination; finding  
interesting ways to approach tasks and challenges

VALUE

# CURIOUS

Approaching your internal and external world  
with genuine and non-judgemental interest

VALUE

# ENGAGED

Staying fully involved, attentive, and committed  
to an activity, task, or relationship

VALUE

# FAITHFUL

Trusting in your abilities, approaching life with bravery  
and purpose, or acting in a meaningful spiritual way

VALUE

# FAIR

Treating people or situations with honesty and respect

VALUE

# FORGIVING

Letting go of resentment or anger, choosing to move  
forward with understanding and compassion

VALUE

# FREE

Empowering yourself by making choices based on your values  
rather than being driven by unpleasant emotions or discomfort

VALUE

# FRIENDLY

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Being kind and warm toward others, showing openness and willingness to build positive connections, and making others feel welcome

VALUE

# FUN-LOVING

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Having a cheerful and lighthearted attitude towards life, enjoying being playful, seeking out opportunities for joy and laughter

VALUE

# GRATEFUL

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Being thankful for what you have, expressing the acknowledgment and appreciation of people, experiences, and moments that matter

VALUE

# GROWTH-ORIENTED

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Taking steps for ongoing learning and self-development, embracing changes and challenges

VALUE

# GENEROUS

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Sharing your time, energy, resources, and kindness with people around you

VALUE

# HELPFUL

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Offering others support, assistance, guidance, and comfort

VALUE

# HONEST

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Acting truthfully and sincerely, being straightforward in words and actions

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# HONORABLE

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Being true to your values even when faced with challenges



## JUST

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Standing up for what you believe is fair in a way that aligns with your values



## KIND

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Treating yourself and others with care, support, and compassion



## LOVING

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Cultivating deep connection and care in your relationships



## MINDFUL

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Paying attention to the present moment with curiosity, embracing internal and external experiences without judgment



## OPEN-MINDED

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Being open to new ideas and perspectives non-judgementally



## PATIENT

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Giving yourself time for progress and change without pressure and with compassion



## PERSEVERANT

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Staying committed and persistent with goals in the presence of challenges, even when progress feels slow



## RESILIENT

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Viewing challenges and setbacks as opportunities for self-growth



# RESPECTFUL

Valuing yourself, others, and the full range of human experiences and choices



# RESPONSIBLE

Owning the choices you make and their role in your life and life of others, staying true to your commitments



# SELF-CARING

Taking intentional actions to care for and improve your physical, mental, and emotional well-being



# SERVING

Acting in ways that have a positive influence on the lives of others and your community, fostering a sense of purpose



# SUPPORTIVE


Offering help to others during challenging moments in a caring, compassionate, and empathetic way



# WISE

Using your experiences, insights, and deep understanding of life to make sound decisions




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