

1. Acceptance: to be open to and accepting of myself, others, life, etc. V, Q or N
2. Adventure: to be adventurous; to actively seek, create or explore novel or stimulating experiences V, Q or N
3. Assertiveness: to respectfully stand up for my rights and request what I want V, Q or N
4. Authenticity: to be authentic, genuine, real; to be true to myself V, Q or N
5. Beauty: to appreciate, create, nurture or cultivate beauty in myself, others, the environment, etc. V, Q or N
6. Caring: to be caring towards myself, others, the environment, etc. V, Q or N
7. Challenge: to keep challenging myself to grow, learn and improve V, Q or N
8. Compassion: to act with kindness towards those who are suffering V, Q or N
9. Conformity: to be respectful and obedient of rules and obligations to myself or others V, Q or N
10. Connection: to engage fully in whatever I am doing and be fully present with others V, Q or N
11. Contribution: to contribute, help, assist or make a positive difference V, Q or N
12. Cooperation: to be cooperative and collaborative with others V, Q or N
13. Courage: to be courageous or brave; to persist in the face of fear, threat or difficulty V, Q or N
14. Creativity: to be creative or innovative V, Q or N
15. Curiosity: to be curious, open-minded and interested; to explore and discover V, Q or N

16. Encouragement: to encourage and reward behaviour that I value in myself or others V, Q or N
17. Equality: to treat others as equal to myself, and vice versa V, Q or N
18. Excitement: to seek, create and engage in activities that are exciting, stimulating or thrilling V, Q or N
19. Fairness: to be fair to myself or others V, Q or N
20. Fitness: to maintain or improve my fitness; to look after my physical and mental health and wellbeing V, Q or N
21. Flexibility: to adjust and adapt readily to changing circumstances V, Q or N
22. Freedom: to live freely; to choose how I live and behave, or help others do likewise V, Q or N
23. Friendliness: to be friendly, companionable or agreeable towards others V, Q or N
24. Forgiveness: to be forgiving towards myself or others V, Q or N
25. Fun: to be fun-loving; to seek, create and engage in fun-filled activities V, Q or N
26. Generosity: to be generous, sharing and giving, to myself or others V, Q or N
27. Gratitude: to be grateful for and appreciative of the positive aspects of myself, others and life V, Q or N
28. Honesty: to be honest, truthful and sincere with myself and others V, Q or N
29. Humility: to be humble or modest; to let my achievements speak for themselves V, Q or N
30. Humour: to see and appreciate the humorous side of life V, Q or N
31. Independence: to be self-supportive and choose my own way of doing things V, Q or N
32. Industry: to be industrious, hard-working and dedicated V, Q or N

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| 33. Intimacy: to open up, reveal and share myself – emotionally or physically – in my close personal relationships | V, Q or N |
| 34. Justice: to uphold justice and fairness | V, Q or N |
| 35. Kindness: to be kind, compassionate, considerate, nurturing or caring towards myself or others | V, Q or N |
| 36. Love: to act lovingly or affectionately towards myself or others | V, Q or N |
| 37. Mindfulness: to be conscious of, open to and curious about my here-and-now experience | V, Q or N |
| 38. Open-mindedness: to think things through, see things from others' points of view and weigh evidence fairly | V, Q or N |
| 39. Order: to be orderly and organised | V, Q or N |
| 40. Patience: to wait calmly for what I want | V, Q or N |
| 41. Persistence: to continue resolutely, despite problems or difficulties | V, Q or N |
| 42. Pleasure: to create and give pleasure to myself or others | V, Q or N |
| 43. Power: to strongly influence or wield authority over others, e.g. taking charge, leading or organising | V, Q or N |
| 44. Reciprocity: to build relationships in which there is a fair balance of giving and taking | V, Q or N |
| 45. Respect: to be respectful towards myself or others; to be polite, considerate and show positive regard | V, Q or N |
| 46. Responsibility: to be responsible and accountable for my actions | V, Q or N |
| 47. Romance: to be romantic; to display and express love or strong affection | V, Q or N |
| 48. Safety: to secure, protect or ensure the safety of myself or others | V, Q or N |
| 49. Self-awareness: to be aware of my own thoughts, feelings and actions | V, Q or N |

50. Self-care: to look after my health and wellbeing,
and get my needs met V, Q or N
51. Self-control: to act in accordance with my own ideals V, Q or N
52. Self-development: to keep growing, advancing or
improving in knowledge, skills, character or life
experience V, Q or N
53. Sensuality: to create, explore and enjoy experiences
that stimulate the five senses V, Q or N
54. Sexuality: to explore or express my sexuality V, Q or N
55. Skilfulness: to continually practise and improve my
skills, and apply myself fully when using them V, Q or N
56. Spirituality: to connect with things bigger than myself V, Q or N
57. Supportiveness: to be supportive, helpful,
encouraging and available to myself or others V, Q or N
58. Trust: to be trustworthy; to be loyal, faithful,
sincere and reliable V, Q or N
59. Insert your own unlisted value here V, Q or N
60. Insert your own unlisted value here V, Q or N