

Persistence/Determination

Following through on a task or goal in the face of obstacles, failures do not halt long-term progress

Ownership/Responsibility

The ability to choose to pursue certain outcomes, acknowledging one's role in life circumstances

Acceptance

Desiring to be loved and welcomed as a whole person, belonging with others

Legacy

Desiring to make a mark on future generations, striving for lasting impact or significance

Appreciation/Recognition

Motivated by being thanked and acknowledged for hard work, wanting credit for achievements

Authenticity/Vulnerability

Being open and honest in relationships with others, intentionally sharing oneself with others

Balance

Striving to honor multiple areas of your life, desiring to prioritize activities well and healthily

Beauty

Appreciating aesthetics, seeking out ways to celebrate and highlight pleasing sites or sounds

Collaboration

Working and creating with the input and assistance of others

Commitment

Remaining loyal to people and relationships, expressing desire for continued connection

Competence

Being skilled and adept in an area or task, the ability to do things well

Courage

Willing to take risks and deal with fear(s) to pursue a goal or outcome

Diversity

Appreciating differences in culture, experience, background

Knowledge

Learning new information, gaining specific expertise in an area

Flexibility

The ability to adapt to surprises and unexpected changes, desiring freedom in schedules and tasks

Intentionality/Consideration

Thinking of others first, making the effort to connect to and support others

Excellence

Aspiring to be and do your best, not settling for mediocrity

Fairness/Justice

Desiring consistency and equal opportunities for all, advocating for those who are oppressed

Fitness/Health

Being physically active, making healthy choices, choosing well-being

Fun

Motivated by personal enjoyment, energized by activities that are pleasurable

Humility

Presenting oneself modestly, not seeking attention or recognition

Independence/Freedom/Choice

Not guided or influenced by the control of others, feeling empowered to make confident decisions

Individuality/Uniqueness

Desiring to be different from the norm, celebrating personal traits

Growth

Desiring progress and new knowledge, stretching and striving for personal improvement

<hr/>	<p style="text-align: center;">Respect Valuing the opinions and beliefs of others, treating others with dignity</p>
<p style="text-align: center;">Life Experience/Wisdom Seeking understanding through experiences, applying past experience to future choices</p>	<p style="text-align: center;">Efficiency Getting tasks accomplished well and quickly with few hang-ups, utilizing resources and people well</p>
<p style="text-align: center;">Nature Enjoying time spent outside and in natural settings</p>	<p style="text-align: center;">Simplicity Living off of basic necessities or without excess</p>
<p style="text-align: center;">Passion Having strong desires and motivations, emotional fervor and dedication to a purpose or cause</p>	<p style="text-align: center;">Peace/Harmony Striving for calm relationships, the motivation to resolve conflict in situations</p>
<p style="text-align: center;">Predictability/Structure Working comfortably within routines and procedures, stability in tasks and expectations</p>	<p style="text-align: center;">Purpose/Calling Identifying an overarching reason for living and being, working for a larger purpose or mission</p>
<p style="text-align: center;">Quiet/Solitude Enjoying time alone, desiring tranquil settings and environments</p>	<p style="text-align: center;">Tolerance Acknowledging differences in opinion, values, and lifestyles in others while maintaining connection</p>

Significance

Being important in others' lives, contributing in a way that is meaningful and lasting

Service

Working for the good or benefit of others, meeting perceived or stated needs

Tradition

Adhering to events or practices repeatedly over a long period of time, continuing past practices

Creativity/Originality/Innovation

Enjoying the process of conceptualizing and making something new

Trustworthiness/Integrity

Being reliable and dependable, counting on the words and promises of others

Urgency

Moving quickly in response to something important or critical

Wealth

Having money, material positions, financial security

Gentleness/Compassion

Treating others with concern, looking out for the emotional wellbeing of those around you

Achievement

Motivated by getting things done and aspiring to excellence

Authority/Leadership

Having power and influence over people, the ability to make important decisions

Change

Enjoying doing things differently, rolling with surprises, adjusting to new opportunities

Community

Living and working within a network or specific group of other people