

Values Glossary

- **Acceptance** - Embracing reality and people as they are
- **Accountability** - Taking responsibility for the consequences of your actions, intended or unintended
- **Advancement** - Moving forward/progressing in life/career
- **Altruism** - Selfless concern for the well-being of others
- **Authenticity** - Being true to your own personality, values, and spirit
- **Balance** - Harmony between different aspects of your life
- **Beauty** - Appreciation for things that are beautiful
- **Commitment** - Dedication to an action or belief
- **Compassion** - Awareness of others' suffering & desire to relieve it
- **Confidence** - Belief in yourself and your abilities
- **Cooperation** - Working with others toward shared goals
- **Creativity** - Using imagination to develop new ideas
- **Curiosity** - Desire to learn, know, or understand new things
- **Dedication** - Commitment to a task, purpose, or cause
- **Discipline** - Training yourself to behave in a controlled and systematic way
- **Diversity** - Valuing different backgrounds, perspectives, and experiences
- **Empathy** - The ability to understand & share the feelings of others
- **Equality** - Being equal in status, rights, or opportunities
- **Faith** - Belief in something without requiring proof or evidence
- **Family** - A group of people, related by blood, marriage, or choice, sharing strong emotional bonds and mutual support
- **Forgiveness** - Letting go of resentment toward those who have harmed you
- **Freedom** - The power to act, speak, or think without constraint
- **Friendship** - Close, supportive relationships
- **Fun** - Enjoyment, amusement, and playfulness in life
- **Generosity** - Willingness to give & share freely with others
- **Grace** - Showing kindness, courtesy, and goodwill, even when it's not expected
- **Gratitude** - Appreciation & thankfulness for what you have
- **Harmony** - Peaceful coexistence & agreement with others
- **Health** - Physical and mental wellbeing and vitality
- **Helpfulness** - Providing support to others when needed
- **Honesty** - Being truthful and sincere in words and actions
- **Humility** - Having a modest view of your own importance
- **Humor** - Finding joy and laughter in life's situations
- **Inclusion** - Welcoming & involving others, regardless of differences
- **Independence** - The ability to be self-reliant and make your own decisions without depending on others
- **Integrity** - Acting consistently with your moral principles, even when it's difficult
- **Justice** - Fair treatment and equality for all people
- **Kindness** - Being friendly, generous, & considerate to others
- **Knowledge** - The pursuit of information, learning, and understanding
- **Legacy** - What you leave behind or how you'll be remembered
- **Leisure** - Free time for enjoyment and relaxation
- **Life** - Respecting & appreciating the experience of being alive
- **Love** - Deep affection, care, and connection with others
- **Loyalty** - Faithful commitment and dedication to a person, group, or cause
- **Morality** - Living according to a personal or societal code of what is right and wrong
- **Parenting** - Raising and guiding children with care and attention
- **Patience** - Accepting delay or problems without becoming upset
- **Power** - Having control, influence, or authority over people or situations
- **Professionalism** - Being competent and skilled, and showing good judgment in your work
- **Recognition** - Being acknowledged and appreciated for your qualities, achievements, or contributions
- **Reliability** - Being consistently good in quality, performance, or support

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- **Religion** - Devotion to specific beliefs, practices, and organized worship
- **Respect** - Showing consideration and regard for the feelings, rights, and traditions of others
- **Responsibility** - Being accountable for your actions and obligations
- **Security** - Freedom from danger, risk, or worry about basic needs
- **Self-respect** - Pride and confidence in yourself
- **Service** - Contributing to the welfare of others or a community
- **Spirituality** - Connection to something greater than yourself
- **Success** - Achievement of goals or prosperity
- **Trustworthiness** - Being reliable and worthy of others' confidence
- **Uniqueness** - Being different from others in a special way
- **Vulnerability** - Allowing yourself to be open and emotionally exposed
- **Wealth** - Abundance of valuable possessions or money
- **Wisdom** - Having deep insight, good judgment, and the experience to apply knowledge effectively
- **Work** - Effort, labor, and dedication to tasks and responsibilities