



VALUES
REFERENCE GUIDE



List of VALUES

Accountability	Ethics	Kindness	Self-respect
Achievement	Excellence	Knowledge	Serenity
Adaptability	Fairness	Leadership Learning	Service
Adventure	Faith	Legacy	Simplicity
Altruism	Family	Leisure	Spirituality
Ambition	Financial stability	Love	Sportsmanship
Authenticity	Forgiveness	Loyalty	Stewardship
Balance	Freedom	Making a difference	Success
Beauty	Friendship	Nature	Teamwork
Being the best	Fun	Openness Optimism	Thrift
Belonging	Future generations	Order	Time
Career	Generosity	Parenting	Tradition
Caring	Giving back	Passion	Travel
Collaboration	Grace	Patience	Trust
Commitment	Gratitude	Patriotism	Truth
Community	Growth	Peace	Understanding
Compassion	Harmony	Perseverance	Uniqueness
Competence	Health	Personal fulfillment	Usefulness
Confidence	Home	Power	Vision
Connection	Honesty	Pride	Vulnerability
Contentment	Hope	Recognition	Wealth
Contribution	Humility	Reliability	Well-being
Cooperation	Humor	Resourcefulness	Wholeheartedness
Courage	Inclusion	Respect	Wisdom
Creativity	Independence	Responsibility	<i>Write</i>
Curiosity	Initiative	Risk-taking	<i>your own:</i>
Dignity	Integrity	Safety	_____
Diversity	Intuition	Security	_____
Environment	Job security	Self-discipline	_____
Efficiency	Joy	Self-expression	_____
Equality	Justice		_____

ACCOUNTABILITY

You see life through ownership — understanding that what you touch, you shape.

Accountability — I take responsibility before I place blame.

Accountability — I follow through on my word.

Accountability — I repair what I break.

Accountability — I own both outcome and effort.

Accountability — I lead through example, not excuse.

ACHIEVEMENT

You see life through progress — finding joy in goals that stretch and refine you.

Achievement — I celebrate milestones, not just finishes.

Achievement — I set goals that challenge my comfort zone.

Achievement — I find purpose in growth, not glory.

Achievement — I turn ambition into steady action.

Achievement — I honor effort as much as results.

ADAPTABILITY

You see life through flexibility — flowing with change instead of fighting it.

Adaptability — I stay curious when plans shift.

Adaptability — I adjust without losing direction.

Adaptability — I learn quickly from what unfolds.

Adaptability — I find calm in uncertainty.

Adaptability — I see change as an ally, not an enemy.

ADVENTURE

You see life through exploration — believing every experience expands who you are.

Adventure — I seek growth in the unknown.

Adventure — I say yes to possibility.

Adventure — I choose discovery over routine.

Adventure — I find joy in trying something new.

Adventure — I trust the path as it unfolds.

ALTRUISM

You see life through service — giving without expectation of return.

Altruism — I put compassion into motion.

Altruism — I offer time and effort freely.

Altruism — I believe generosity multiplies goodness.

Altruism — I lift others because I can.

Altruism — I act from love, not recognition.

AMBITION

You see life through purpose-driven striving — passion in motion toward what matters.

Ambition — I dream boldly and act decisively.

Ambition — I let vision fuel my discipline.

Ambition — I pursue growth with humility.

Ambition — I work hard because my purpose deserves it.

Ambition — I turn possibility into proof.

AUTHENTICITY

You see life through honesty — alignment between who you are and how you show up.

Authenticity — I speak my truth with grace.

Authenticity — I live in integrity with my values.

Authenticity — I refuse to shrink or perform.

Authenticity — I allow others to see the real me.

Authenticity — I honor my story without apology.

BALANCE

You see life through rhythm — honoring both doing and being.

Balance — I give as much as I receive.

Balance — I rest without guilt.

Balance — I work with intention, not exhaustion.

Balance — I make time for what nourishes me.

Balance — I stay centered in change.

BEAUTY

You see life through wonder — finding grace in simplicity and detail.

Beauty — I notice what's lovely in the ordinary.

Beauty — I create spaces that feel alive.

Beauty — I express myself with intention and care.

Beauty — I find inspiration in nature and people.

Beauty — I let gratitude heighten my vision.

BEING THE BEST

You see life through excellence — aiming to bring out your highest potential.

Being the best — I compete with who I was yesterday.

Being the best — I give my full effort, every time.

Being the best — I learn from those who inspire me.

Being the best — I let my work speak for itself.

Being the best — I chase mastery, not perfection.

BELONGING

You see life through inclusion — finding safety in shared humanity.

Belonging — I create spaces where others feel seen.

Belonging — I show up as myself and allow others to do the same.

Belonging — I listen with empathy and openness.

Belonging — I value connection over conformity.

Belonging — I believe community heals isolation.

CAREER

You see life through purpose — work as an expression of meaning, not just a means.

Career — I grow through contribution.

Career — I align passion with responsibility.

Career — I find joy in creating value.

Career — I honor my craft with consistency.

Career — I see my work as part of my legacy.

CARING

You see life through tenderness — choosing empathy even when it costs you.

Caring — I show up with sincerity.

Caring — I notice when someone is struggling.

Caring — I listen without needing to fix.

Caring — I protect what and who I love.

Caring — I let my kindness make impact.

COLLABORATION

You see life through teamwork — ideas grow stronger when shared.

Collaboration — I value every voice at the table.

Collaboration — I build bridges, not walls.

Collaboration — I invite feedback as fuel.

Collaboration — I believe creativity multiplies in community.

Collaboration — I help others succeed alongside me.

COMMITMENT

You see life through loyalty — consistency as an act of devotion.

Commitment — I keep going when it gets hard.

Commitment — I stay true to what I've promised.

Commitment — I invest time and heart into what matters.

Commitment — I treat dedication as love in motion.

Commitment — I follow through with integrity.

COMMUNITY

You see life through connection — knowing strength is found in togetherness.

Community — I contribute to the spaces that hold me.

Community — I show up when others need support.

Community — I celebrate our shared wins.

Community — I believe everyone belongs somewhere.

Community — I give as much as I receive.

COMPASSION

You see life through empathy — feeling the weight and wonder of others' stories.

Compassion — I listen before I speak.

Compassion — I choose understanding over judgment.

Compassion — I respond with care even when it's hard.

Compassion — I make space for other hearts.

Compassion — I let kindness guide my strength.

COMPETENCE

You see life through mastery — confidence earned through diligence and learning.

Competence — I build skill with patience.

Competence — I ask questions to grow sharper.

Competence — I take pride in knowing my craft.

Competence — I prepare so I can perform.

Competence — I trust what I've practiced.

CONFIDENCE

You see life through self-trust — faith in your worth and capability.

Confidence — I speak with assurance, not arrogance.

Confidence — I stand tall in my truth.

Confidence — I believe my presence matters.

Confidence — I back my choices with preparation.

Confidence — I let courage quiet my doubt.

CONNECTION

You see life through relationship — meaning found in shared presence.

Connection — I listen to understand.

Connection — I offer my full attention.

Connection — I see and affirm the humanity in others.

Connection — I reach out before walls grow high.

Connection — I nurture bonds that make us whole.

CONTENTMENT

You see life through peace — joy in sufficiency, not excess.

Contentment — I appreciate what I already have.

Contentment — I rest in moments of enough.

Contentment — I release comparison and hurry.

Contentment — I find satisfaction in simplicity.

Contentment — I hold gratitude as my wealth.

CONTRIBUTION

You see life through impact — measuring worth by what you give, not what you get.

Contribution — I add value wherever I go.

Contribution — I share ideas freely.

Contribution — I take initiative to make things better.

Contribution — I find fulfillment in giving back.

Contribution — I know every effort matters.

COOPERATION

You see life through harmony — working together for a shared goal.

Cooperation — I align effort with others.

Cooperation — I compromise without losing purpose.

Cooperation — I find strength in coordination.

Cooperation — I share credit generously.

Cooperation — I turn teamwork into trust.

COURAGE

You see life through possibility — fear becomes a signal, not a stop sign.

Courage — I move even when I tremble.

Courage — I speak the truth kindly but firmly.

Courage — I stay open when I want to hide.

Courage — I choose growth over comfort.

Courage — I trust that bravery builds belonging.

CREATIVITY

You see life through imagination — every problem is an invitation.

Creativity — I look beyond the obvious.

Creativity — I make space for play and wonder.

Creativity — I turn mistakes into discoveries.

Creativity — I blend structure and spontaneity.

Creativity — I let curiosity lead the way.

CURIOSITY

You see life through wonder — every question opens a new doorway.

Curiosity — I listen with fascination, not defense.

Curiosity — I explore before I assume.

Curiosity — I let new ideas stretch me.

Curiosity — I find joy in not knowing yet.

Curiosity — I ask, what else could be true?

DIGNITY

You see life through respect — every person deserves to be valued.

Dignity — I treat others with honor.

Dignity — I stand tall in self-respect.

Dignity — I defend fairness and compassion.

Dignity — I see worth in all walks of life.

Dignity — I move through the world with grace.

DIVERSITY

You see life through inclusion — difference as a source of strength.

Diversity — I learn from perspectives unlike my own.

Diversity — I welcome voices that challenge my view.

Diversity — I believe variety fuels innovation.

Diversity — I see beauty in our shared differences.

Diversity — I create space for every story.

ENVIRONMENT

You see life through stewardship — caring for the spaces that sustain us.

Environment — I respect the resources I use.

Environment — I keep my surroundings clean and cared for.

Environment — I act as a guardian of what gives life.

Environment — I make choices that honor the earth.

Environment — I believe sustainability is love in action.

EFFICIENCY

You see life through clarity — doing more with focus and purpose.

Efficiency — I organize to create ease.

Efficiency — I simplify what feels heavy.

Efficiency — I find smarter, smoother ways to serve.

Efficiency — I respect time — mine and others'.

Efficiency — I let structure make space for creativity.

EQUALITY

You see life through justice — fairness as the foundation of respect.

Equality — I treat everyone with dignity and worth.

Equality — I value every voice equally.

Equality — I stand up when fairness is threatened.

Equality — I create spaces where all belong.

Equality — I believe opportunity should be shared.

ETHICS

You see life through integrity — guided by principles, not convenience.

Ethics — I do what's right even when no one sees.

Ethics — I hold myself accountable to truth.

Ethics — I make choices I can stand behind.

Ethics — I value honesty over advantage.

Ethics — I let my conscience lead my actions.

EXCELLENCE

You see life through craftsmanship — doing your best with intention and care.

Excellence — I pursue mastery, not perfection.

Excellence — I take pride in the details that matter.

Excellence — I hold myself to high standards of effort.

Excellence — I refine until it feels right.

Excellence — I let purpose drive performance.

FAIRNESS

You see life through justice — balance between empathy and equity.

Fairness — I consider every side before I decide.

Fairness — I stand up when treatment feels uneven.

Fairness — I share opportunity and recognition.

Fairness — I treat others how I'd hope to be treated.

Fairness — I believe equality strengthens community.

FAITH

You see life through trust — believing in what you can't yet see.

Faith — I stay grounded in hope through uncertainty.

Faith — I let belief carry me when logic can't.

Faith — I find purpose in divine timing.

Faith — I surrender what I cannot control.

Faith — I walk forward even without proof.

FAMILY

You see life through belonging — where love begins and roots hold steady.

Family — I show up for those I love.

Family — I value connection over perfection.

Family — I make time for what truly matters.

Family — I protect and uplift my people.

Family — I create memories that last.

FINANCIAL STABILITY

You see life through security — peace built on wise stewardship.

Financial Stability — I live within my means with gratitude.

Financial Stability — I plan for both present and future needs.

Financial Stability — I use money as a tool for purpose, not pride.

Financial Stability — I value freedom over excess.

Financial Stability — I make choices that support long-term peace.

FORGIVENESS

You see life through release — freeing yourself and others from the past.

Forgiveness — I choose peace over resentment.

Forgiveness — I let go so I can move forward.

Forgiveness — I offer grace even when it's not earned.

Forgiveness — I learn the lesson and release the pain.

Forgiveness — I see forgiveness as strength, not surrender.

FREEDOM

You see life through possibility — living aligned with truth, not fear.

Freedom — I choose authenticity over approval.

Freedom — I speak my truth with courage.

Freedom — I release what keeps me small.

Freedom — I take responsibility for my choices.

Freedom — I live fully, without apology.

FRIENDSHIP

You see life through loyalty — connection built on trust and joy.

Friendship — I invest in people who lift me higher.

Friendship — I listen deeply and speak truthfully.

Friendship — I celebrate others' wins as my own.

Friendship — I stay through the hard moments.

Friendship — I create laughter that heals.

FUN

You see life through joy — play as an expression of being alive.

Fun — I make room for laughter and lightness.

Fun — I let go of perfection and embrace the moment.

Fun — I infuse creativity into routine.

Fun — I share smiles that shift the energy.

Fun — I remember that joy is productive, too.

FUTURE GENERATIONS

You see life through legacy — what you build today shapes tomorrow.

Future Generations — I act with foresight and care.

Future Generations — I protect what I'll one day pass on.

Future Generations — I make choices that nurture sustainability.

Future Generations — I teach by example.

Future Generations — I create hope for those who follow.

GENEROSITY

You see life through abundance — giving as proof of gratitude.

Generosity — I share what I have with joy.

Generosity — I believe giving multiplies good.

Generosity — I extend kindness without expectation.

Generosity — I give time, attention, and care freely.

Generosity — I lead with an open hand.

GIVING BACK

You see life through contribution — using what you have to make a difference.

Giving Back — I invest in the community that shaped me.

Giving Back — I use my skills in service to others.

Giving Back — I find joy in creating opportunities.

Giving Back — I act from gratitude, not guilt.

Giving Back — I believe good grows when it's shared.

GRACE

You see life through compassion — kindness extended even when undeserved.

Grace — I forgive quickly and love freely.

Grace — I offer softness where the world is hard.

Grace — I give others room to grow.

Grace — I hold myself gently through mistakes.

Grace — I let love rewrite the story.

GRATITUDE

You see life through appreciation — noticing what's present rather than what's missing.

Gratitude — I notice the gift in the ordinary.

Gratitude — I turn awareness into steadiness.

Gratitude — I lead with appreciation.

Gratitude — I remember what's working.

Gratitude — I see goodness, even here.

GROWTH

You see life through expansion — each challenge becomes a teacher.

Growth — I choose learning over ego.

Growth — I let discomfort refine me.

Growth — I celebrate progress, not perfection.

Growth — I turn mistakes into momentum.

Growth — I keep becoming who I'm meant to be.

HARMONY

You see life through balance — peace between movement and stillness.

Harmony — I communicate with calm honesty.

Harmony — I create unity where there's friction.

Harmony — I find alignment between heart and mind.

Harmony — I work toward understanding, not winning.

Harmony — I bring ease wherever I go.

HEALTH

You see life through vitality — caring for body, mind, and spirit.

Health — I nourish myself with intention.

Health — I move and rest in balance.

Health — I make choices that sustain my energy.

Health — I listen to what my body needs.

Health — I honor wellness as a foundation for purpose.

HOME

You see life through grounding — creating spaces that hold peace and belonging.

Home — I fill my space with warmth and meaning.

Home — I protect peace as sacred.

Home — I welcome others with openness.

Home — I tend to my environment with care.

Home — I see home as a reflection of heart.

HONESTY

You see life through truth — clarity that deepens trust.
Honesty — I speak with authenticity and respect.
Honesty — I tell the truth even when it's uncomfortable.
Honesty — I admit mistakes quickly and take responsibility.
Honesty — I value transparency in all relationships.
Honesty — I let truth clear the path forward.

HOPE

You see life through renewal — believing light returns even in darkness.
Hope — I look for possibility when things feel heavy.
Hope — I speak life into weary moments.
Hope — I trust that change can heal.
Hope — I imagine a future worth working for.
Hope — I carry optimism as quiet strength.

HUMILITY

You see life through perspective — knowing there's always more to learn.
Humility — I listen before I speak.
Humility — I accept correction with gratitude.
Humility — I remember that success is shared.
Humility — I value truth over ego.
Humility — I stay teachable in every season.

HUMOR

You see life through lightness — joy as medicine for the human heart.
Humor — I laugh at myself without shame.
Humor — I bring levity to heavy moments.
Humor — I remind others not to take life too seriously.
Humor — I connect through shared laughter.
Humor — I let joy be the bridge between hearts.

INCLUSION

You see life through belonging — every person deserves a seat at the table.
Inclusion — I welcome differences with curiosity.
Inclusion — I listen for the unheard voices.
Inclusion — I create safety in my spaces.
Inclusion — I celebrate individuality as strength.
Inclusion — I believe everyone adds value.

INDEPENDENCE

You see life through autonomy — freedom balanced with responsibility.

Independence — I make choices aligned with my truth.

Independence — I stand strong in self-trust.

Independence — I build a life I'm proud to live.

Independence — I rely on discipline more than approval.

Independence — I honor freedom as a daily practice.

INITIATIVE

You see life through action — moving ideas from thought to reality.

Initiative — I start before I'm ready.

Initiative — I notice what needs doing and do it.

Initiative — I turn vision into movement.

Initiative — I show leadership through follow-through.

Initiative — I believe momentum creates opportunity.

INTEGRITY

You see life through alignment — what you believe, say, and do are one thread.

Integrity — I tell the truth even when it costs me.

Integrity — I act the same when no one is watching.

Integrity — I honor promises made to myself and others.

Integrity — I let principles guide my choices.

Integrity — I keep my word as my bond.

INTUITION

You see life through inner knowing — wisdom that whispers beneath the noise.

Intuition — I listen to what my gut tells me.

Intuition — I trust the quiet voice within.

Intuition — I act on insight before doubt interferes.

Intuition — I let awareness guide my timing.

Intuition — I honor my instincts as sacred intelligence.

JOB SECURITY

You see life through stability — consistency as a foundation for growth.

Job Security — I work with reliability and excellence.

Job Security — I earn trust through consistency.

Job Security — I value loyalty and dependability.

Job Security — I protect what sustains me.

Job Security — I help build a workplace people can count on.

JOY

You see life through delight — permission to feel fully alive.

Joy — I celebrate small moments.

Joy — I let laughter loosen my guard.

Joy — I create fun in ordinary days.

Joy — I notice beauty without needing a reason.

Joy — I let gratitude turn into expression.

JUSTICE

You see life through equity — fairness anchored in compassion.

Justice — I speak up for what's right.

Justice — I act with courage when silence harms.

Justice — I treat all people with equal dignity.

Justice — I use my voice for those who aren't heard.

Justice — I believe justice and mercy must walk together.

KINDNESS

You see life through gentleness — understanding that small acts carry great weight.

Kindness — I offer warmth without needing reason.

Kindness — I speak with care, even in conflict.

Kindness — I notice who needs a moment of grace.

Kindness — I believe compassion changes culture.

Kindness — I lead with an open heart.

KNOWLEDGE

You see life through curiosity — understanding deepens wisdom.

Knowledge — I seek truth, not just information.

Knowledge — I learn from experience and reflection.

Knowledge — I value both skill and insight.

Knowledge — I share what I learn to help others grow.

Knowledge — I remain a student of life.

LEADERSHIP

You see life through influence — guiding by presence, not position.

Leadership — I model what I expect from others.

Leadership — I choose service over status.

Leadership — I inspire through integrity and example.

Leadership — I listen before I direct.

Leadership — I build others into leaders.

LEARNING

You see life through evolution — every moment a lesson waiting to unfold.

Learning — I remain open to new perspectives.

Learning — I grow from both success and failure.

Learning — I ask questions to understand, not impress.

Learning — I seek knowledge that deepens wisdom.

Learning — I let curiosity shape my path forward.

LEGACY

You see life through impact — living today in a way tomorrow will thank you for.

Legacy — I act with intention that outlives me.

Legacy — I build systems that empower others.

Legacy — I live values I hope others inherit.

Legacy — I see contribution as immortality.

Legacy — I plant seeds I may never see bloom.

LEISURE

You see life through restoration — rest as fuel for creativity and clarity.

Leisure — I give myself permission to pause.

Leisure — I enjoy moments without agenda.

Leisure — I treat rest as sacred, not indulgent.

Leisure — I allow stillness to refresh perspective.

Leisure — I remember that renewal powers purpose.

LOVE

You see life through connection — a commitment to care and understanding.

Love — I see the humanity in everyone I meet.

Love — I offer patience where I once offered pressure.

Love — I speak truth with tenderness.

Love — I forgive quickly and hold lightly.

Love — I act with compassion, not condition.

LOYALTY

You see life through devotion — standing by people and principles.

Loyalty — I protect those I care about.

Loyalty — I stay steady through highs and lows.

Loyalty — I honor promises and commitments.

Loyalty — I act with integrity even when tested.

Loyalty — I value consistency over convenience.

MAKING A DIFFERENCE

You see life through impact — every act is a chance to leave things better.

Making a Difference — I notice what needs changing and act.

Making a Difference — I measure success by the good I create.

Making a Difference — I turn compassion into contribution.

Making a Difference — I use my gifts to uplift others.

Making a Difference — I believe one person can spark transformation.

NATURE

You see life through connection — the earth as teacher and mirror.

Nature — I pause long enough to notice the living world.

Nature — I treat the planet as sacred trust.

Nature — I find renewal outdoors.

Nature — I protect what gives us breath and beauty.

Nature — I remember I'm part of, not apart from, creation.

OPENNESS

You see life through receptivity — truth and change can only enter an open heart.

Openness — I listen without preparing my defense.

Openness — I invite ideas that challenge me.

Openness — I let vulnerability build connection.

Openness — I stay teachable in every conversation.

Openness — I allow growth to reshape my view.

OPTIMISM

You see life through light — expecting good gives strength to endure.

Optimism — I look for what's working.

Optimism — I carry hope into hard places.

Optimism — I choose encouragement over complaint.

Optimism — I believe better is possible.

Optimism — I let positivity become leadership.

ORDER

You see life through clarity — structure creates peace of mind.

Order — I keep my space and systems simple.

Order — I plan so others can rely on me.

Order — I bring calm to chaos.

Order — I find focus through organization.

Order — I see discipline as quiet freedom.

PARENTING

You see life through legacy — guiding hearts by example more than instruction.

Parenting — I lead with love, not fear.

Parenting — I model what I hope to see.

Parenting — I listen before I lecture.

Parenting — I nurture independence and integrity.

Parenting — I choose presence over perfection.

PASSION

You see life through purpose — energy that turns intention into impact.

Passion — I pour my heart into what I do.

Passion — I stay inspired by the “why” behind my work.

Passion — I let curiosity and joy fuel my effort.

Passion — I bring enthusiasm that energizes others.

Passion — I pursue meaning with both fire and grace.

PATIENCE

You see life through time — trusting the pace of growth.

Patience — I breathe before reacting.

Patience — I honor process over instant results.

Patience — I give others space to unfold.

Patience — I wait with faith, not frustration.

Patience — I believe steady effort shapes great things.

PATRIOTISM

You see life through gratitude — love expressed through stewardship of one’s country.

Patriotism — I respect the freedoms I enjoy.

Patriotism — I serve my community with pride.

Patriotism — I uphold justice and compassion together.

Patriotism — I honor those who build and protect peace.

Patriotism — I contribute to a nation worth belonging to.

PEACE

You see life through calm — serenity as strength.

Peace — I protect my inner stillness.

Peace — I resolve conflict with empathy.

Peace — I speak softly but stand firmly.

Peace — I release control of what I can’t change.

Peace — I carry tranquility into the room.

PERSEVERANCE

You see life through endurance — progress born from persistence.

Perseverance — I keep showing up when it's hard.

Perseverance — I find lessons inside obstacles.

Perseverance — I let discipline outlast doubt.

Perseverance — I finish what I begin.

Perseverance — I trust small steps to make big change.

PERSONAL FULFILLMENT

You see life through purpose — joy in becoming who you're meant to be.

Personal Fulfillment — I honor what lights me up.

Personal Fulfillment — I chase meaning over image.

Personal Fulfillment — I balance ambition with contentment.

Personal Fulfillment — I create a life that feels like mine.

Personal Fulfillment — I define success by inner peace.

POWER

You see life through influence — strength used in service, not control.

Power — I use authority to uplift others.

Power — I act from integrity, not ego.

Power — I stay humble with responsibility.

Power — I remember that real power empowers.

Power — I turn strength into stewardship.

PRIDE

You see life through dignity — confidence rooted in self-respect.

Pride — I take ownership of my work.

Pride — I celebrate where I come from.

Pride — I express identity with confidence and grace.

Pride — I honor achievements without arrogance.

Pride — I stand tall in authenticity.

RECOGNITION

You see life through affirmation — seeing and celebrating contribution.

Recognition — I notice effort as much as outcome.

Recognition — I give thanks publicly and privately.

Recognition — I highlight others' wins.

Recognition — I speak appreciation often.

Recognition — I create cultures that celebrate growth.

RELIABILITY

You see life through dependability — trust built through consistency.

Reliability — I do what I say I will do.

Reliability — I show up on time and prepared.

Reliability — I keep promises even when unnoticed.

Reliability — I value steadiness over speed.

Reliability — I earn trust through repetition of integrity.

RESOURCEFULNESS

You see life through creativity — finding a way when none is obvious.

Resourcefulness — I solve with what I have.

Resourcefulness — I think in possibilities, not limits.

Resourcefulness — I adapt quickly under pressure.

Resourcefulness — I stay calm and curious in challenge.

Resourcefulness — I turn obstacles into opportunity.

RESPECT

You see life through dignity — every person carries equal worth.

Respect — I listen to understand, not to win.

Respect — I honor boundaries — mine and yours.

Respect — I treat others' time and effort with care.

Respect — I disagree without disrespect.

Respect — I uphold fairness in every space I enter.

RESPONSIBILITY

You see life through stewardship — freedom matched with accountability.

Responsibility — I own my choices and their impact.

Responsibility — I care for what's entrusted to me.

Responsibility — I think ahead before acting.

Responsibility — I model reliability for others.

Responsibility — I see responsibility as respect in motion.

RISK-TAKING

You see life through courage — growth lives on the other side of fear.

Risk-Taking — I step into the unknown with faith.

Risk-Taking — I treat failure as feedback.

Risk-Taking — I follow intuition over comfort.

Risk-Taking — I act boldly when purpose calls.

Risk-Taking — I stretch so I can evolve.

SAFETY

You see life through protection — peace thrives where people feel secure.

Safety — I create environments of trust.

Safety — I speak up when something feels wrong.

Safety — I look out for others' well-being.

Safety — I maintain calm in crisis.

Safety — I believe safety enables growth.

SECURITY

You see life through steadiness — confidence in stability.

Security — I build foundations that last.

Security — I plan ahead to prevent chaos.

Security — I protect what matters most.

Security — I create reliability others can depend on.

Security — I value peace of mind as wealth.

SELF-DISCIPLINE

You see life through commitment — freedom built through focus.

Self-Discipline — I do the work even when motivation fades.

Self-Discipline — I align actions with intentions.

Self-Discipline — I practice consistency over impulse.

Self-Discipline — I delay comfort to build character.

Self-Discipline — I treat discipline as devotion to purpose.

SELF-EXPRESSION

You see life through creativity — truth made visible.

Self-Expression — I speak my truth with art and honesty.

Self-Expression — I share ideas without apology.

Self-Expression — I honor emotion through creation.

Self-Expression — I use voice as a bridge, not a weapon.

Self-Expression — I live in color, not concealment.

SELF-RESPECT

You see life through worthiness — how you treat yourself teaches others how to treat you.

Self-Respect — I honor my boundaries.

Self-Respect — I speak to myself with kindness.

Self-Respect — I keep promises I make to me.

Self-Respect — I choose relationships that reflect my value.

Self-Respect — I live in alignment with my dignity.

SERENITY

You see life through calm acceptance — peace with what is.

Serenity — I breathe through change with grace.

Serenity — I let go of what I can't control.

Serenity — I find quiet within noise.

Serenity — I anchor myself in stillness.

Serenity — I let peace guide my pace.

SERVICE

You see life through contribution — purpose found in meeting a need.

Service — I seek to make things better for someone else.

Service — I give without keeping score.

Service — I find fulfillment in small, unseen efforts.

Service — I measure success by impact, not attention.

Service — I believe greatness begins in service.

SIMPLICITY

You see life through clarity — less noise, more meaning.

Simplicity — I clear space for what matters.

Simplicity — I find beauty in restraint.

Simplicity — I trade busyness for balance.

Simplicity — I value essence over excess.

Simplicity — I live lightly and intentionally.

SPIRITUALITY

You see life through connection to the sacred — something greater moving through all things.

Spirituality — I honor stillness as communion.

Spirituality — I seek meaning beyond the material.

Spirituality — I listen for guidance within.

Spirituality — I see divinity in everyday life.

Spirituality — I walk with gratitude and reverence.

SPORTSMANSHIP

You see life through respect in competition — character over victory.

Sportsmanship — I compete fiercely and fairly.

Sportsmanship — I win with humility and lose with grace.

Sportsmanship — I honor rules and rivals alike.

Sportsmanship — I value effort as much as outcome.

Sportsmanship — I elevate the game for everyone.

STEWARDSHIP

You see life through guardianship — care for what's entrusted to you.

Stewardship — I protect resources with wisdom.

Stewardship — I leave things better than I found them.

Stewardship — I manage with integrity and foresight.

Stewardship — I give back more than I take.

Stewardship — I honor responsibility as sacred duty.

SUCCESS

You see life through growth — progress that honors both effort and integrity.

Success — I define achievement by alignment with my values.

Success — I celebrate milestones along the journey.

Success — I build excellence through consistency.

Success — I uplift others as I rise.

Success — I let purpose, not pressure, lead the way.

TEAMWORK

You see life through unity — we become stronger together.

Teamwork — I share credit and responsibility.

Teamwork — I listen to understand.

Teamwork — I offer help before it's asked for.

Teamwork — I celebrate others' strengths.

Teamwork — I remember nothing great is made alone.

THRIFT

You see life through prudence — wisdom in how you use what you have.

Thrift — I spend with intention, not impulse.

Thrift — I value sustainability over excess.

Thrift — I repair before replacing.

Thrift — I find abundance in resourcefulness.

Thrift — I make choices that honor long-term peace.

TIME

You see life through presence — time as the currency of meaning.

Time — I give my focus to what matters most.

Time — I protect my schedule like my peace.

Time — I live in moments, not just plans.

Time — I honor others by honoring their time.

Time — I slow down to appreciate the now.

TRADITION

You see life through continuity — honoring roots while shaping what's next.

Tradition — I remember the shoulders I stand on.

Tradition — I celebrate rituals that bind community.

Tradition — I honor the wisdom of the past.

Tradition — I keep what's meaningful and let go of what's not.

Tradition — I blend legacy with renewal.

TRAVEL

You see life through discovery — learning from the world and its people.

Travel — I seek experiences that expand my mind.

Travel — I find wonder in new places and faces.

Travel — I step beyond comfort zones.

Travel — I carry curiosity wherever I go.

Travel — I return home changed and grateful.

TRUST

You see life through faith in character — reliability as the root of connection.

Trust — I keep my word, even in small things.

Trust — I listen before I judge.

Trust — I give others the chance to earn confidence.

Trust — I act with transparency and respect.

Trust — I believe trust grows through consistency.

TRUTH

You see life through honesty — clarity that sets you free.

Truth — I speak with sincerity and courage.

Truth — I seek understanding over assumption.

Truth — I own my story without shame.

Truth — I let honesty clear confusion.

Truth — I walk in integrity, not image.

UNDERSTANDING

You see life through empathy — listening until connection is found.

Understanding — I seek to know before I respond.

Understanding — I hold space for different perspectives.

Understanding — I replace reaction with curiosity.

Understanding — I ask questions that bridge divides.

Understanding — I meet others where they are.

UNIQUENESS

You see life through individuality — difference as divine design.

Uniqueness — I express who I am without apology.

Uniqueness — I honor my own rhythm and voice.

Uniqueness — I celebrate what sets me apart.

Uniqueness — I encourage others to be fully themselves.

Uniqueness — I know authenticity is my art.

USEFULNESS

You see life through purpose — contribution as fulfillment.

Usefulness — I look for ways to help.

Usefulness — I add value to every space I enter.

Usefulness — I share my strengths generously.

Usefulness — I solve problems with care.

Usefulness — I find joy in being of service.

VISION

You see life through foresight — purpose looking forward.

Vision — I imagine what could be and act toward it.

Vision — I hold clarity when others lose sight.

Vision — I translate dreams into direction.

Vision — I inspire others to see possibility.

Vision — I move with intention toward the future.

VULNERABILITY

You see life through courage — openness as the path to connection.

Vulnerability — I share honestly, even when uncertain.

Vulnerability — I let others see my humanity.

Vulnerability — I speak truth instead of perfection.

Vulnerability — I build trust through transparency.

Vulnerability — I believe strength begins in openness.

WEALTH

You see life through abundance — prosperity that includes peace and purpose.

Wealth — I define richness by gratitude, not accumulation.

Wealth — I make money work for meaning.

Wealth — I steward resources wisely.

Wealth — I share what I have to multiply good.

Wealth — I remember true wealth is well-being.

WELL-BEING

You see life through wholeness — caring for mind, body, and spirit together.

Well-being — I prioritize rest and nourishment.

Well-being — I seek balance in all areas of life.

Well-being — I listen to what my body and heart need.

Well-being — I surround myself with supportive people.

Well-being — I see wellness as daily practice, not perfection.

WHOLEHEARTEDNESS

You see life through sincerity — presence, courage, and love fully expressed.

Wholeheartedness — I show up with my full self.

Wholeheartedness — I love without half-measure.

Wholeheartedness — I risk being seen to stay true.

Wholeheartedness — I give fully and receive fully.

Wholeheartedness — I live with openness and grace.

WISDOM

You see life through understanding — experience turned into guidance.

Wisdom — I listen more than I speak.

Wisdom — I learn from what repeats.

Wisdom — I seek truth over comfort.

Wisdom — I offer insight, not opinion.

Wisdom — I let patience reveal clarity.

*Daring
leaders who
live into
their values
are never
silent about
hard things.*

*Leaders
must either
invest a
reasonable
amount of
time attending
to fears and
feelings,*

OR SQUANDER AN UNREASONABLE AMOUNT
OF TIME TRYING TO MANAGE INEFFECTIVE AND
UNPRODUCTIVE BEHAVIOR.

