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|-------------------|-----------------|-----------------|------------------|
| Abundance | Cooperation | Hope | Prudence |
| Accomplishment | Courage | Humility | Punctuality |
| Accountability | Courtesy | Humor | Quality Time |
| Achievement | Creativity | Independence | Recognition |
| Adventure | Credibility | Individuality | Reconciliation |
| Altruism | Decisiveness | Industriousness | Reliability |
| Ambition | Dedication | Influence | Resilience |
| Appreciation | Dependability | Ingenuity | Resourcefulness |
| Aspiration | Determination | Initiative | Respect |
| Authenticity | Discipline | Insightfulness | Responsibility |
| Autonomy | Diversity | Integrity | Results-oriented |
| Balance | Efficiency | Intelligence | Self-control |
| Benevolence | Equality | Joy | Sensitivity |
| Boldness | Equity | Justice | Serenity |
| Brilliance | Excellence | Kindness | Significance |
| Calmness | Fairness | Leadership | Simplicity |
| Camaraderie | Faithfulness | Learning | Sincerity |
| Challenge | Family-centered | Liberty | Stewardship |
| Changeability | Flexibility | Loyalty | Stamina |
| Cheerfulness | Fortitude | Mindfulness | Strength |
| Clear thinking | Freedom | Moderation | Supportiveness |
| Collaboration | Friendship | Open-mindedness | Thoughtfulness |
| Commitment | Fun | Opportunity | Tolerance |
| Community | Generosity | Optimism | Tradition |
| Compassion | Goodness | Patience | Transparency |
| Competence | Gratitude | Peace | Trustworthiness |
| Competition | Health | Perseverance | Understanding |
| Composure | Helpfulness | Personal Growth | Uniqueness |
| Conscientiousness | Honesty | Practicality | Vitality |
| Consistency | Honor | Professionalism | Zeal |

Does your lifestyle reflect those core values?

Choose one of your core values that needs strengthening.

How can you adjust your life (small, baby steps) to be in line with that value?