

**A**

ability  
 accountability  
 acceptance  
 achievement  
 activity/action  
 adaptable  
 affirming  
 agency  
 aliveness  
 altruism  
 ancestors  
 appreciation  
 arts, the  
 attentiveness  
 attunement  
 authority  
 autonomy

**B**

balance  
 beauty  
 beneficence  
 benevolence  
 boundaried/having limits  
 bravery  
 buoyancy

**VALUES****C**

calm  
 candour  
 care  
 change  
 challenge  
 choice  
 clarity  
 coherence  
 collaboration  
 comfort  
 commitment  
 communication  
 community  
 compassion  
 competence  
 complexity  
 confidence  
 confidentiality  
 congruence  
 connection  
 conscientious  
 consistency  
 contentment  
 context  
 contribution  
 courage  
 creativity  
 cultural humility  
 cultural sensitivity  
 curiosity

**D**

decisiveness  
 dedication  
 difference  
 diligence  
 dignity  
 diversity

**E**

ecology/environment  
 empathy  
 endurance  
 equality  
 equity  
 ethical  
 excellence  
 excitement  
 experience  
 exploration  
 expression

**F**

fairness  
 faith  
 family  
 flexibility  
 follow-through  
 fortitude  
 friendship  
 fulfilment  
 fun  
 freedom

**G**

generosity  
 giving  
 goals  
 God  
 gratitude  
 growth

**H**

hard work  
 harmony  
 health  
 helping  
 history  
 holding/being held  
 honesty  
 honour  
 hope  
 humility  
 humour

**I**

identity  
 impact  
 inclusion  
 independence  
 individuality  
 innovation  
 integrity  
 intelligence  
 interconnection  
 interdependence  
 intimacy

**J**

joy  
 judgement  
 justice

**K**

kindness  
 knowing where you stand  
 knowledge

**L**

laughter  
 leadership  
 learning  
 life  
 listening  
 love  
 loyalty

**M**

magic  
 making a difference  
 making the world a better place  
 movement  
 music

**N**

nature/natural  
 neutrality  
 non-maleficence  
 novelty



**O**

organisation  
openness  
order

**P**

partnership  
passion  
patience  
peace  
permission  
perseverance  
persistence  
personal growth  
personal power  
perspective  
playfulness  
pleasure  
power  
preparedness  
presence  
privacy  
punctuality  
purpose

**Q**

qualifications  
quality  
queer-friendly

**R**

race-aware  
recognition  
reflexivity  
relationship(s)  
religion  
respect  
responsibility  
responsiveness  
reverence  
risk-aware

**S**

safety  
self-care  
self-confidence  
Self-energy  
Self-leadership  
self-love  
self-reliance  
self-respect  
seriousness  
service  
sharing  
simplicity  
sincerity  
skill  
solving problems  
spirituality  
spontaneity  
stamina/staying power  
stimulating change  
stimulation  
story  
straightforward  
strength (physical & emotional)  
success  
support

**T**

teamwork  
tidiness  
tolerance  
transparency  
trauma-aware  
trust  
truthfulness

**U**

understanding  
uniqueness  
using one's abilities/talents

**V**

value-getting  
value-giving  
variety  
vitality  
vulnerability

**W**

what it says on the tin  
work/career  
world peace

**Z**

zest