

## Acceptance

Being open and receptive to things as they are, without judgment.



## Adventure

Seeking new, exciting, and challenging experiences.



## Assertiveness

Communicating your needs, desires, and feelings in a respectful way.



## Authenticity

Being true to oneself and genuine in interactions.



## Caring

Showing kindness and concern for others.



## Compassion

Empathy and understanding for the suffering of others.



## Connection

Building meaningful relationships with others.



## Contribution

Helping and contributing to the well-being of others or society.



## Cooperation

Working collaboratively with others toward a common goal.



## Courage

Facing fear and acting despite it.



## Creativity

Expressing oneself through new & imaginative ideas or actions.



## Curiosity

A desire to learn and understand more about the world.



## Encouragement

Providing support and confidence to others.



## Freedom

Valuing autonomy and the ability to make choices.



## Equality

Believing in fairness and equal treatment for all.



## Friendship

Nurturing close, supportive, and enjoyable relationships.



## Forgiveness

Letting go of anger or resentment towards others or oneself.



## Honesty

Being truthful and transparent in one's actions and words.



## Fairness

Making decisions based on impartiality and justice.



## Flexibility

Being open to change and adapting to new circumstances.



## Gratitude

Appreciating and recognizing the good things in life.



## Humility

Maintaining a modest view of one's importance.



## Humor

Seeing and appreciating the lighter side of life.



## Generosity

Willingly giving time, resources, or love to others.



## Independence

Valuing self-sufficiency and the ability to act on one's own.

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## Intimacy

Cultivating close, personal, and meaningful relationships.

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## Kindness

Acting with consideration, compassion, and goodwill.

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## Love

A deep affection and caring for others.

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## Mindfulness

Being fully present in the moment without distraction.

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## Patience

The ability to wait calmly and handle delays or challenges.

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## Perseverance

Persistence in doing something despite difficulty or delay.

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## Respect

Acknowledging and valuing the rights and feelings of others.

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## Responsibility

Being accountable and reliable in fulfilling obligations.

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## Self-awareness

Understanding oneself, including thoughts, emotions, and behaviors.

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## Trust

Having confidence in the reliability and integrity of others.

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## Wisdom

Applying knowledge, experience, and judgment in a meaningful way.

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