



List of Values

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|----------------|-----------------|---------------|
| Abundance | Fairness | Patience |
| Accomplishment | Faith | Peace |
| Accountability | Fame | Perfection |
| Accuracy | Family | Persistence |
| Achievement | Flexibility | Philanthropy |
| Acknowledgment | Focus | Power |
| Action | Freedom | Productivity |
| Adventure | Friendship | Prosperity |
| Ambition | Fulfillment | Recognition |
| Authenticity | Fun | Respect |
| Awareness | Generosity | Romance |
| Balance | Gentleness | Security |
| Beauty | Gratitude | Self-esteem |
| Calm | Growth | Service |
| Cheerfulness | Happiness | Significance |
| Clarity | Harmony | Simplicity |
| Collaboration | Health | Sobriety |
| Comfort | Helpfulness | Spirituality |
| Community | Honesty | Spontaneity |
| Compassion | Honor | Stability |
| Competition | Humility | Status |
| Confidence | Humor | Strength |
| Connectedness | Independence | Success |
| Contentment | Inspiration | Teamwork |
| Contribution | Integrity | Tolerance |
| Control | Intelligence | Tradition |
| Cooperation | Intimacy | Trust |
| Courage | Joy | Understanding |
| Creativity | Kindness | Unity |
| Curiosity | Knowledge | Vitality |
| Discipline | Learning | Wealth |
| Discovery | Liveliness | Wisdom |
| Ease | Love | |
| Empathy | Loyalty | |
| Empowerment | Nature | |
| Energy | Open-mindedness | |
| Enthusiasm | Participation | |
| Environment | Partnership | |
| Excellence | Passion | |

Excerpt from *Unconditional: Learning to Love Your Authentic Self*, by Annalisa Smithson, LPC, NCC (2022)

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