

Abundant	Confident	Health	Power
Accepted	Connect with others	Helpfulness	Principled
Accomplished	Content	Honesty	Privacy
Achieving	Contribution	Honour	Professionalism
Acknowledgment	Competitive	Hope	Quality of Life
Activism	Courageous	Humility	Quiet times
Adaptability	Creative	Humour	Relationship with spouse
Adventure	Curious	Inclusiveness	Religious
Affectionate	Decisive	Independence	Resourceful
Altruistic	Desire	Individuality	Respect
Ambitious	Determined	Industrious	Risk taking
Appreciated	Dignity	Influencing	Role Model
Approval	Disciplined	Innovative	Romantic
Artistic	Eager	Inner peace	Security
Attention to detail	Efficient	Integrity	Self-expression
Authentic	Empathetic	Intellectual stimulation	Self-fulfilment
Balance	Energetic	Intelligence	Self-reliance
Beautiful	Enthusiastic	Intimacy	Sensitive
Being admired	Equality	Involvement	Sensuality
Being alone	Excellence	Kind	Service
Being different	Excitement	Joy	Sexuality
Being the best	Family	Justice	Simplicity
Being valued	Faithful	Leader	Sincerity
Being with others	Fairness	Learning	Standing up for myself
Belonging	Focussed	Love	Spirituality
Big Picture	Flexibility	Loyalty	Solving problems
Boundaries	Freedom	Making a difference	Spontaneous
Calm	Freedom of choice	Meeting challenges	Stability
Challenge-physical	Friendly	Modesty	Status
Challenge-other	Friendship	Nature	Stimulation
Change	Forgiveness	Open minded	Strength
Cheerfulness	Fully engaged	Optimistic	Success
Choice	Fun	Order	Support
Clarity	Generous	Participation	Tenacious
Cleanliness	Genuine	Passionate	Thinking time
Collaboration	Getting recognition	Peace	Tolerant
Comfort	Grateful	Persistence	Transparency
Committed	Gratitude	Perspective	Tranquillity
Communication	Growth	Personal Power	Trust
Community	Having a voice	Play	Truth
Compassionate	Happiness	Pleasure	Variety
Competent	Hardworking	Positive	Warmth
Comradeship	Harmony	Potential- achieving it	Wealth
Concern for others			Wisdom