

# Value Definitions

## A

<b>Adventure*</b>	I believe in trying new things.
<b>Agency</b>	I value my right to think, act, and speak as I wish, and I do so responsibly.
<b>Attitude</b>	I know that any success I achieve in life depends more on my attitude more than anything else.
<b>Anti-Bone Head</b>	I believe in thinking before I act.
<b>Authenticity</b>	I believe that when I act according to my true self, I am benefiting myself and others.

## B

<b>Beauty</b>	I recognize the beauty in the world around me. I believe that all people hold beauty regardless of their outward appearance.
<b>Be Real</b>	I believe in being my true self.

## C

<b>Change</b>	I know that change is a difficult, yet necessary part of life. I do my best to find peace with each new change in my life. I also do my best to facilitate change, when it needs to happen.
<b>Choices and Accountability</b>	I understand that every choice I make has a consequence, good or bad. Every choice I make affects someone somewhere, besides just me.
<b>Cleanliness</b>	I believe that I should keep my body, thoughts, actions, and words free from impurity.
<b>Communication</b>	I believe in connecting with others emotionally and intellectually. I practice good listening, and constantly seek more effective ways to express myself.
<b>Courage</b>	I risk in spite of fear. I do what is right in the face of opposition.

<b>Creativity</b>	I value the ability to organize ideas, materials or sound into something unique and new. I love to express myself through the arts.
<b>Comfort*</b>	I seek to surround myself with beautiful and enjoyable things. I desire that others feel at ease around me.
<b>D</b>	
<b>Dependability</b>	I believe in being responsible, constant, and unfailing. I can be counted on to do what I say I will do.
<b>E</b>	
<b>Eat to Live</b>	I believe that a healthy diet is an important part of maintaining optimal health. I know that food gives me energy to do the things I want to do. I do my best not to abuse food by either eating too little or too much.
<b>Education*</b>	I believe in constantly learning new skills, facts, and information about myself and the world around me.
<b>Emotion</b>	I believe that a complete individual expresses his/her emotions unabashedly and clearly. I believe in living in my heart, more than my head.
<b>Emotional Safety</b>	I believe in expressing my emotions in situations where I feel safe. I try to cultivate relationships in which I will feel safe expressing myself, and do my best to make others feel safe with me.
<b>Enthusiasm*</b>	I know that if I exert all the energy I can muster into a task, I will not only accomplish it; I will enjoy it.
<b>Environment</b>	Preserving, and protecting and wisely enjoying the environment is important to me.
<b>Empathy</b>	I feel that it is important to understand, sympathize with, and have compassion for other people. I try my best to feel what others might be feeling, and then to treat them the way they would want to be treated.
<b>Equality</b>	I believe that all humans, regardless of race, gender, culture, or age, are equal. I seek to further others' recognition of this truth.
<b>Expectation</b>	I understand the place for rules and boundaries in life, and I live by them.

<b>Exploration</b>	I am excited by the prospect of exploring myself and my world.
<b>F</b>	
<b>Faith</b>	I believe that placing trust in my Higher Power can see me through any trial.
<b>Family</b>	I believe that the family has the potential to do the most good in an individual's life, and that healthy families are the single most important factor in maintaining a healthy world.
<b>Forgiveness</b>	I avoid carrying grudges. I readily pardon those who have offended me, and am gentle with myself when I make mistakes.
<b>Freedom</b>	I value my independence. I act in ways which further my right to move, think, and speak however I wish. I understand my moral obligation to express my freedom with discretion.
<b>Friendship</b>	I believe in being a supporter and empathizer; I enjoy getting close to others and sharing portions of myself with them. I believe that these connections enrich my life.
<b>G</b>	
<b>Goals</b>	I set and achieve personal goals as a method of self - improvement.
<b>Gratitude</b>	I believe in openly expressing thankfulness and appreciation. I believe showing gratitude increases my happiness.
<b>H</b>	
<b>Happiness</b>	I believe in having a positive outlook, in making the most of my life situation, and in sharing my gladness with others.
<b>Honesty</b>	I believe in being straightforward and sincere with myself and others. I do not lie, steal, or cheat.
<b>Honor Parents</b>	I believe in being respectful to the role of parenthood. I behave in a way that will bring honor to my parents.
<b>Hope</b>	I believe in goodness easily, trusting that some good will always come of any situation. Others feel encouraged around me.

<b>Humility</b>	I readily acknowledge my strengths and weaknesses equally. I know who I am, and I possess a quiet, unassuming confidence.
<b>Humor</b>	I appreciate what is funny and amusing. I appropriately find humor in many things.
<b>I</b>	
<b>Independence</b>	I prize being free from the bondage of others' restricting ideas. I do not practice self-defeating behaviors. I am self-reliant.
<b>Individual Worth</b>	I know that my life is worthwhile. There are things that I have done which no one else in the world could do, and there will be many more things which only I can do in the future.
<b>Insight</b>	I value understanding clearly the inner nature of people, myself, and things.
<b>Integrity</b>	I have a soundness of moral character. I am complete and whole. I am sincere, honest, and stable. My actions match my values. I am true to myself.
<b>Interdependence</b>	I am aware of my place in life and that I am absolutely necessary. Everyone and everything in life affects me, and I affect everyone and everything.
<b>K</b>	
<b>Kindness</b>	I believe in having empathy, in being generous, friendly, and unselfish. I believe in being concerned for others.
<b>Knowledge</b>	I believe learning never ceases. I seek knowledge from all sources that are good.
<b>L</b>	
<b>Law of the Harvest</b>	I believe that life will hold me responsible for my actions. I believe that whatever good I do, good will return to me.
<b>Leadership</b>	Taking the lead in situations is comfortable for me. I am persuasive because I am a good role-model with excellent communication skills.

<b>Life</b>	I respect the mortality of people, myself, and nature. I understand and accept the preciousness of time.
<b>Love</b>	I have deep, tender affection for others, myself, and all living things. I am devoted to and interested in those close to me.
<b>Loyalty</b>	When I commit to something or someone, I am faithful.
<b>M</b>	
<b>Music</b>	I understand the power of music to evoke emotion. I love to communicate my own emotions through music.
<b>Modesty</b>	I believe in being discreet, in not exploiting myself, in behaving and dressing decently, and in being humble about my own values and abilities.
<b>Moderation</b>	I know, set, and abide by personal limits. I avoid extremes and excesses.
<b>N</b>	
<b>No Jealousy</b>	I recognize that every person has their own unique qualities and talents. I do not compare myself to others, and am happy for the accomplishments of others.
<b>P</b>	
<b>Patience</b>	I refuse to anger quickly. I am calm, I endure hardship well, and I work steadily without giving up.
<b>Peace</b>	I live my life in a way that brings me happiness and contentment. I believe conflicts should be solved without violence. I thrive when I have serenity in my life.
<b>Perseverance</b>	I know that no problem is bigger than I am; through sheer willpower I can overcome almost anything.
<b>Personal Influence</b>	I believe that I am a force for good in the world. Through me, others are encouraged to be better and do more.
<b>Physical Health</b>	I believe in caring for my physical body so that I have endurance, strength, energy, vibrance, and self-worth.

<b>Play</b>	It is important to engage in activities for amusement and relaxation.
<b>Proactivity</b>	I seek out those things which need doing and do them. I am self-motivated.
<b>Power*</b>	I only believe, say, and do things which keep my personal power intact. I do not react.
<b>R</b>	
<b>Respect</b>	I believe in showing honor and courtesy to others and in being considerate.
<b>Recreation</b>	I believe in taking rest and in relaxing. I believe in having hobbies, in planning leisure time, and in taking a break from work.
<b>Relationships</b>	I believe that connections with friends and family enrich my life and make it more worthwhile.
<b>Remembrance</b>	I am grateful for the lives of people who have come before me. I recognize what they have done for me, and what I can learn from them. I am also careful not to forget life's lessons from my own past.
<b>Risk*</b>	I believe in "nothing ventured, nothing gained." Trying new things excites me.
<b>S</b>	
<b>Sacrifice*</b>	By using my time and energy to accomplish something, I gain a greater appreciation and love for others and myself, as well as the end product.
<b>Safety</b>	I keep my environment free from danger. I take no unnecessary risks with my body, mind, or emotions. I foster security for those around me.
<b>Self-discipline</b>	I keep my desires and actions under appropriate social and personal reign. I try to do all things for the betterment of myself and others.

<b>Self-esteem</b>	I believe in myself and my abilities. I love myself.
<b>Self-improvement*</b>	I never feel that I have “arrived” at perfection, though it is my goal. I healthily recognize my own limitations, and seek to overcome them whenever possible.
<b>Self-sufficiency</b>	I believe it is important that I care for myself. I do not wish to burden anyone.
<b>Service</b>	I believe in being helpful and useful in my community, home, and place of work. I enjoy giving friendly help without thought of recompense.
<b>Simplicity</b>	I love an ordered, quiet, basic life. I find peace in uncomplicated things.
<b>Sobriety</b>	I believe in living a clean and sober life. I will not let drugs or alcohol overpower me or my ability to make decisions. I value my health, intelligence, relationships, and life more than any substance.
<b>Social Appropriateness</b>	I believe in being tactful and polite when in social situations.
<b>Spirituality</b>	I believe in nurturing my spirit.
<b>Stress Management</b>	I take time for myself. I believe that to maintain peak performance, I must rest physically, mentally, and emotionally. I practice ways to reduce stress in my life.
<b>T</b>	
<b>Trustworthiness</b>	I believe in being worthy of trust. I am reliable and honorable. People can have faith, hope and confidence in me.
<b>Talents</b>	I recognize that I have innate talents and I seek to discover and improve them.
<b>Tolerance*</b>	I respect opinions, races, genders, ages, and cultures.
<b>U</b>	
<b>Unity</b>	I am rejuvenated by the synergy that unity provides. I know that where two or more people are gathered together in a common cause, anything is possible.

**V**

**Virtue**

I believe in having strong physical boundaries, in keeping my mind and body pure, in being respectable and upright.

**W**

**Work**

I believe in putting forth my best effort at whatever I do, whether easy or difficult, pleasant or unpleasant.