

Values *The following list of values applies to work and personal life. This is not an exhaustive list—you're welcome to add your own*

Acceptance	Effectiveness	Imagination	Recognition
Achievement	Efficiency	Independence	Reflection
Adventure	Equality	Influence	Religion
Affection	Equity	Initiative	Respect
Altruism	Excellence	Integrity	Responsibility
Ambition	Excitement	Intuition	Results
Appreciation	Expertise	Interdependence	Reputation
Arts	Fame	Joy	Risk Taking
Authenticity	Fairness	Justice	Romance
Authority	Faith	Kindness	Self Expression
Autonomy	Family	Knowledge	Self-Respect
Balance	Flexibility	Leadership	Service
Beauty	Focus	Loyalty	Sharing
Belonging	Forgiveness	Making a Difference	Solitude
Caring	Freedom	Meaningful Work	Spirituality
Celebration	Friendship	Mindfulness	Success
Challenge	Fun	Nature	Support
Choice	Goals	Nurturing	Team Work
Collaboration	Gratitude	Order	Time
Commitment	Growth	Passion	Tolerance
Community	Happiness	Peace	Togetherness
Communication	Health	Personal Growth	Tradition
Compassion	Helping Others	Perseverance	Travel
Connection	High Expectations	Personal Development	Trust
Contribution	Honesty	Pleasure	Truth
Cooperation	Hope	Positive Attitude	Unity
Creativity	Humility	Pride	Variety
Democracy	Humor	Productivity	Zest

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every conversation counts

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