

Core Values

Acceptance	Fulfillment	Playfulness
Achievement	Fun	Popularity
Adventure	Generosity	Power
Athleticism	Gratitude	Religion
Authenticity	Grit	Resilience
Beauty	Growth	Respect
Balance	Health	Romance
Bravery	Humor	Safety
Challenge	Independence	Security
Clarity	Integrity	Self-Expression
Community	Intelligence	Sensuality/Sexuality
Creativity	Intimacy	Service
Curiosity	Kindness	Simplicity
Discovery	Joy	Solitude
Diversity	Leadership	Spirituality
Empathy	Learning	Teamwork
Enthusiasm	Loyalty	Trustworthiness/Truth
Ethics	Mindfulness	Usefulness
Expertise	Nature	Warmth
Family	Openness/Open-Mindedness	Wisdom
Fitness	Passion	Vitality
Freedom	Personal Growth	
Friendliness/Friendships	Partnership	

Looking In Exploring Ones Personal Health Values

Shasha Hu



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