

Core Values

Acceptance

Achievement

Adventure

Athleticism

Authenticity

Beauty

Balance

Bravery

Challenge

Clarity

Community

Creativity

Curiosity

Discovery

Diversity

Empathy

Enthusiasm

Ethics

Expertise

Family

Fitness

Freedom

Friendliness/Friendships

Fulfillment

Fun

Generosity

Gratitude

Grit

Growth

Health

Humor

Independence

Integrity

Intelligence

Intimacy

Kindness

Joy

Leadership

Learning

Loyalty

Mindfulness

Nature

Openness/Open-Mindedness

Passion

Personal Growth

Partnership

Playfulness

Popularity

Power

Religion

Resilience

Respect

Romance

Safety

Security

Self-Expression

Sensuality/Sexuality

Service

Simplicity

Solitude

Spirituality

Teamwork

Trustworthiness/Truth

Usefulness

Warmth

Wisdom

Vitality

Looking In Exploring Ones Personal Health Values

Shasha Hu



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