



Rebuilding Wellness

with *Sue Ingebretson*

Core Values Chart

Accomplishment	Achievement	Action	Adaptability	Adventure	Affection
Alertness	Ambition	Appreciation	Belief (Faith)	Benevolence	Boldness
Bravery	Brilliance	Candid	Caring	Careful	Certainty
Challenge	Charity	Charm	Cheerful	Classy	Cleanliness
Cleverness	Compassion	Competence	Composure	Concentration	Conformity
Congruency	Connection	Creativity	Credibility	Curiosity	Daring
Dedicated	Dependable	Determined	Devotion	Dignity	Diligence
Diplomacy	Directness	Discernment	Discretion	Discipline	Discovery
Diversity	Dreaming	Drive	Duty	Efficiency	Energetic
Enthusiastic	Ethical	Equality	Excellence	Faithful	Fearless
Finesse	Forgiveness	Formidable	Free-Thinking	Fresh	Frugal
Fun	Galant	Generous	Genuine	Good	Gracious
Grateful	Grounded	Happy	Helpful	Honesty	Honorable
Hopeful	Imagination	Informative	Integrity	Intelligence	Joyful
Just	Kindness	Knowledge	Lasting	Learning	Legacy
LOVE	Loyal	Malleable	Mastery	Meaningful	Memorable
Merciful	Neat	Neighborly	Noble	Non-Conforming	Nurturing
Obedience	Objective	Openness	Opportunity	Optimistic	Organization
Original	Outstanding	Performance	Perseverance	Persistence	Personable
Planning	Politeness	Professional	Punctual	Purity	Resilient
Resourceful	Sincerity	Strength	Stability	Steadfast	Tenacity
Togetherness	Toughness	Truth	Unity	Valiant	Vigorous
Virtuous	Warmth	Wisdom	Yes-Minded	Youthful	Zen-Like

Highlight the values that mean the most to you. Add ones not listed to the table below. **Get creative!**

What values mean the most to you? **Get objective!** Ask others what values they see in you.

Post this list where you see it often. **Your happiness homework: Review daily!**
