

Accepting

open to, allowing of, or at peace with myself, others, life, my feelings, etc.

Adventurous

willing to create or pursue novel, risky or exciting experiences

Assertive

calmly, fairly and respectfully standing up for my rights and asking for what I want

Authentic

being genuine, real, and true to myself

Caring / Self-Caring

actively taking care of myself, others, the environment, etc.

Compassionate / Self-Compassionate

responding kindly to myself or others in pain

Cooperative

willing to assist and work with others

Courageous

being brave or bold; persisting in the face of fear, threat, or risk

Creative

being imaginative, inventive, or innovative

Curious

being open-minded and interested; willing to explore and discover

Encouraging

supporting, inspiring, and rewarding
behavior I approve of

Expressive

conveying my thoughts and feelings
through what I say and do

Focused

focused on and engaged in what I am
doing

Fair / Just

acting with fairness and justice - toward
myself and others

Flexible

willing and able to adjust and adapt to
changing circumstances

Friendly

warm, open, caring, and agreeable toward
others

Forgiving

letting go of resentments and grudges
toward myself or others

Grateful

being appreciative for what I have received

Helpful

giving, helping, contributing, assisting, or
sharing

Honest

being honest, truthful, and sincere - with
myself and others

Independent

choosing for myself how I live and what I do

Industrious

being diligent, hardworking, dedicated

Kind

being considerate, helpful, or caring - to myself or others

Loving

showing love, affection, or great care - to myself or others

Mindful / Present

fully present and engaging in whatever I'm doing

Open

revealing myself, letting people know my thoughts and feelings

Orderly

being neat and organized

Persistent / Committed

willing to continue, despite problems or difficulties

Playful

being humorous, fun-loving, light-hearted

Protective

looking after the safety and security of myself or others

*Respectful /
Self-Respectful*

treating myself or others with care and consideration

Responsible

being trustworthy, reliable, and accountable for my actions

Skillful

doing things well, utilizing my knowledge, experience, and training

Supportive

being helpful, encouraging, and available - to myself or others

Trustworthy

being loyal, honest, faithful, sincere, responsible, and reliable

Trusting

willing to believe in the honesty, sincerity, reliability, or competence of another

(write your own...)

(write your own...)

(write your own...)

Cards based on "Forty Common Values: A Checklist." Original checklist © Russ Harris, 2021



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