

Accountability
Accuracy
Adventurousness
Altruism
Ambition
Assertiveness
Balance
Belonging
Boldness
Calmness
Carefulness
Challenge
Cheerfulness
Clarity
Commitment
Community
Compassion
Consistency
Contentment
Contribution
Cooperation
Courtesy
Creativity
Curiosity
Decisiveness
Dependability
Determination
Devotion
Diligence
Discipline
Discretion
Diversity
Dynamism
Efficiency
Elegance
Empathy
Enjoyment
Enthusiasm
Equality

Excellence
Excitement
Expertise
Exploration
Expressiveness
Fairness
Faith
Fidelity
Fitness
Focus
Freedom
Fun
Generosity
Goodness
Grace
Growth
Happiness
Hard Work
Harmony
Health
Helpful
Holiness
Honesty
Honor
Humility
Independence
Ingenuity
Inquisitiveness
Insightfulness
Intelligence
Intuition
Joy
Justice
Leadership
Love
Loyalty
Openness
Originality

Perfection
Positivity
Practicality
Preparedness
Reliability
Resourcefulness
Restraint
Results-oriented
Rigor
Security
Self-actualization
Self-control
Selflessness
Self-reliance
Sensitivity
Serenity
Service
Simplicity
Spontaneity
Stability
Strategic
Strength
Structure
Success
Support
Teamwork
Temperance
Thankfulness
Thoroughness
Thoughtfulness
Tolerance
Traditionalism
Trustworthiness
Truth-seeking
Understanding
Uniqueness
Unity
Vision
Vitality

Gentle Touch Healing - Healing through Compassion

List of Personal Values

- J. Circosta, 2021

**Please note these are just a few examples of Values that can be used as a reference point.*

Please feel free to add more that feel intuitive and right for you