

An example of Personal Values

Acceptance	Flexibility	Persistence
Adventure	Freedom	Pleasure
Assertiveness	Friendliness	Power
Authenticity	Forgiveness	Reciprocity
Beauty	Fun	Respect
Caring	Generosity	Responsible
Challenge	Gratitude	Romance
Compassion	Honesty	Safety
Connection	Humour	Self-awareness
Contribution	Humility	Self-care
Conformity	Industry	Self-development
Cooperation	Independence	Self-control
Courage	Intimacy	Sensuality
Creativity	Justice	Sexuality
Curiosity	Kindness	Spirituality
Encouragement	Love	Skilfulness
Equality	Mindfulness	Supportiveness
Excitement	Order	Trust
Fairness	Open-mindedness	
Fitness	patience	

- Taken from 'The Parent Manifesto' by Jodie Benveniste
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