



## Personal Wellbeing and Self-Care VMware - Summer 2021

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### Personal Values List

Acceptance	Determination	Innovation	Satisfaction
Accomplishment	Development	Inquisitive	Security
Accountability	Devotion	Insightful	Self-reliance
Accuracy	Dignity	Inspiring	Selfless
Achievement	Discipline	Integrity	Sensitivity
Adaptability	Discovery	Intelligence	Serenity
Alertness	Drive	Intensity	Service
Altruism	Effectiveness	Intuitive	Sharing
Ambition	Efficiency	Joy	Significance
Amusement	Empathy	Justice	Silence
Assertiveness	Empower	Kindness	Simplicity
Attentive	Endurance	Knowledge	Sincerity
Awareness	Energy	Lawful	Skill
Balance	Enjoyment	Leadership	Skillfulness
Beauty	Enthusiasm	Learning	Smart
Boldness	Equality	Liberty	Solitude
Bravery	Ethical	Logic	Spirit
Brilliance	Excellence	Love	Spirituality
Calm	Experience	Loyalty	Spontaneous
Candor	Exploration	Mastery	Stability
Capable	Expressive	Maturity	Status
Careful	Fairness	Meaning	Stewardship



Certainty	Family	Moderation	Strength
Challenge	Famous	Motivation	Structure
Charity	Fearless	Openness	Success
Cleanliness	Feelings	Optimism	Support
Clear	Ferocious	Order	Sustainability
Clever	Fidelity	Organization	Talent
Comfort	Focus	Originality	Teamwork
Commitment	Foresight	Passion	Temperance
Common sense	Fortitude	Patience	Thankful
Communication	Freedom	Peace	Thorough
Community	Friendship	Performance	Thoughtful
Compassion	Fun	Persistence	Timeliness
Competence	Generosity	Playfulness	Tolerance
Concentration	Genius	Poise	Toughness
Confidence	Giving	Potential	Traditional
Connection	Goodness	Power	Tranquility
Consciousness	Grace	Present	Transparency
Consistency	Gratitude	Productivity	Trust
Contentment	Greatness	Professionalism	Trustworthy
Contribution	Growth	Prosperity	Truth
Control	Happiness	Purpose	Understanding
Conviction	Hard work	Quality	Uniqueness
Cooperation	Harmony	Realistic	Unity



Courage	Health	Reason	Valor
Courtesy	Honesty	Recognition	Victory
Creation	Honor	Recreation	Vigor
Creativity	Hope	Reflective	Vision
Credibility	Humility	Respect	Vitality
Curiosity	Humor	Responsibility	Wealth
Decisive	Imagination	Restraint	Welcoming
Decisiveness	Improvement	Results-oriented	Winning
Dedication	Independence	Reverence	Wisdom
Dependability	Individuality	Rigor	Wonder