Value Cards

For best results, print on cardstock or a perforated business-card template. Formatted to fit standard 3.5”-by-2” business-card templates such as Avery 5371.

Accountability

Taking responsibility for your actions and their outcomes

Achievement

Reaching meaningful goals through effort

Activism

Working to create positive change in the world

Adaptability

Adjusting and thriving through change and uncertainty

Adventure

Embracing new experiences and the unknown

Altruism

Putting others' well-being before your own

Ambition

Feeling a drive to reach beyond your current circumstances

Authenticity

Living as your true self, being honest

Balance

Harmonizing all parts of your life

Beauty

Appreciating and creating what is lovely

Excellence Striving to be your best in all you do	**Good Sportsmanship** Competing with grace and fairness
Belonging Feeling accepted and part of something greater	**Career** Finding purpose and growth through your work
Caring Showing genuine concern for others	**Co-Creation** Working with others to make something meaningful
Collaboration Working as a group, contributing, achieving more than you can alone	**Commitment** Staying the course, remaining loyal, and fulfilling responsibilities
Community Nurturing the people and places around you	**Compassion** Feeling and responding to others' pain

Competence Doing things skillfully and capably	**Confidence** Trusting in your abilities and worth
Connection Building genuine bonds with others	**Contentment** Finding peace or joy in your circumstances
Contribution Adding value to the lives of others	**Cooperation** Working alongside others toward shared goals
Courage Taking action or moving forward despite fear, danger, or uncertainty	**Creativity** Bringing new ideas and visions to life
Curiosity Seeking to understand and explore	**Dignity** Acting with an understanding of your and others' inherent worth

Diversity Valuing different perspectives and backgrounds	**Efficiency** Making the most of time and resources
Environment Protecting and honoring the natural world	**Equality/Equity** Ensuring everyone has their unique needs met
Ethics Acting according to values and moral principles	**Excellence** Consistently doing your very best
Fairness Treating all people justly and impartially	**Faith** Trust in something greater than yourself
Family Prioritizing deep bonds with those closest to you	**Financial Stability** Building security through financial health

Forgiveness Releasing resentment and making space for healing	**Freedom** Living without unnecessary constraint
Friendship Cultivating loyal and meaningful relationships	**Fun** Embracing joy, play, and lightheartedness
Future Generations Making choices that benefit those who come after	**Generosity** Giving freely of your time, energy, or resources
Giving Back Returning value to your community or world	**Grace** Moving through life with elegance and kindness
Gratitude Recognizing and appreciating the good in life	**Growth** Continually evolving into a better version of yourself

Harmony Creating peace and alignment in your world	**Health** Caring for your body, mind, and spirit
Heritage Honoring where you come from and those who came before	**Home** Creating a place of safety and belonging
Honesty Speaking and living in truth	**Hope** Believing in a better future
Humility Freedom from pride and arrogance; esteeming others' value	**Humor** Finding and sharing laughter in everyday life
Inclusion Ensuring everyone has a seat at the table	**Independence** Thinking and acting on your own terms

Initiative Taking action without waiting to be asked	**Integrity** Doing the right thing even when no one's watching
Intuition Trusting your inner knowledge and instincts	**Job Security** Valuing stability and consistency in your work
Joy Cultivating deep happiness from within	**Justice** Standing up for what is right and fair
Kindness Offering warmth and care to others	**Knowledge** Pursuing understanding and truth
Leadership Inspiring and guiding others toward a vision	**Learning** Growing through curiosity and new experiences

Legacy Living in a way that outlasts your lifetime	**Leisure** Valuing rest, hobbies, and personal time
Love Giving and receiving deep care and affection	**Loyalty** Standing by people and commitments
Making a Difference Effecting change; leaving things better than you found them	**Nature** Finding meaning and renewal in the natural world
Openness Welcoming new ideas and different ways of being	**Optimism** Choosing to believe in positive possibilities
Order Finding peace through structure and organization	**Parenting** Nurturing and guiding the next generation

Patience Trusting in timing; enduring with grace	**Patriotism** Caring deeply for your country and its people
Peace Seeking calm and working to remove conflict	**Perseverance** Pushing forward despite obstacles
Personal fulfillment Living a life that feels deeply satisfying	**Power** Having the ability to influence and create change
Pride Taking satisfaction in your identity and achievements	**Recognition** Feeling seen and appreciated for your contributions
Reliability Being someone others can depend on	**Resourcefulness** Finding creative solutions

Respect Honoring the worth and dignity of all people	**Responsibility** Taking ownership of your role, actions, and impact
Risk-Taking Embracing uncertainty in pursuit of growth	**Security** Feeling safe, protected, and that your needs will be met
Self-Discipline Exercising control over impulses and habits	**Self-Expression** Sharing your authentic self with the world
Self-Respect Holding yourself in high regard and acting accordingly	**Serenity** Cultivating inner calmness and tranquility
Service Dedicating yourself to helping others	**Simplicity** Finding joy and satisfaction in less

Spirituality Connecting to something sacred or beyond yourself	**Stewardship** Caring for resources entrusted to you
Success Achieving what you set out to do or favorable outcomes	**Teamwork** Achieving together what you can't alone
Thrift Using resources wisely and without waste	**Time** Respecting and protecting how you spend your hours
Tradition Honoring practices and customs passed down through time	**Travel** Growing through exploring new places and cultures
Trust Building and maintaining confidence in one another	**Truth** Seeking and speaking what is real and honest

Understanding Working to truly know and be known by others	**Uniqueness** Celebrating what makes you one of a kind
Usefulness Being of practical value to others	**Vision** Seeing possibility and inspiring a path forward
Vulnerability Having the courage to be open and imperfect	**Wealth** Building an abundance of material resources or possessions
Well-Being Thriving across all dimensions of health and life	**Wholeheartedness** Showing up fully with your whole self
Wisdom Applying knowledge and experience; good judgment; discernment	_____ _____ _____ _____