*Mark on the list below your values, skills and strengths:*

 **“How we behave”**

* Ambitious (hard working, aspiring)
* Broad-minded (open-minded)
* Capable (competent, effective)
* Cheerful (lighthearted, joyful)
* Clean (neat, tidy)
* Courageous (stand up for your beliefs)
* Forgiving (willing to pardon others)
* Helpful (working for the welfare of others)
* Honest (sincere, truthful)
* Imaginative (daring, creative)
* Independent (self-reliant, self-sufficient)
* Intellectual (intelligent, reflective)
* Logical (consistent, rational)
* Loving (affectionate, tender)
* Obedient (dutiful, respectful)
* Polite (courteous, well-mannered)
* Responsible (dependable, reliable)
* Self-controlled (restrained, self-disciplined)

Which of your strengths are the most important to you?

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**“How we live our lives”**

* A comfortable life (prosperous)
* An exciting life (stimulating, active)
* A sense of accomplishment (lasting contribution)
* A world at peace (free from war and conflict)
* A world of beauty (beauty of nature and arts)
* Equality (brotherhood, equal opportunity)
* Family security (taking care of loved ones)
* Freedom (independence, free choice)
* Happiness (contentedness)
* Inner harmony (freedom from inner conflict)
* Mature love (intimacy)
* National security (protection from attacks)
* Pleasure (an enjoyable, leisurely life)
* Salvation (saved, eternal life)
* Self-respect (self-esteem)
* Social recognition (respect, admiration)
* True friendship (close companionship)
* Wisdom (a mature understanding of life)

What have you learned about yourself from using this checklist?

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Adapted from Rokeach, M. (1973). The Nature of Human Values. New York: Free Press.