

**TABLE B:** Included with permission from: ©Lindsay West Coaching 2018 [www.careercoachlondon.com](http://www.careercoachlondon.com)

stability	security	inner strength	joy	balance	moderation
happiness	fun/sense of humour	pleasure	relaxation	sense of belonging	inner peace
achievement	success	recognition	appreciation	ambition	being valued
passion	contentment	harmony	beauty	comfort	simplicity
honesty	truth	trust	openness	empathy	expression
equality	fairness	justice	courtesy	dignity	integrity
love	friendship	connection	kindness	companionship	camaraderie
freedom	choice	variety	abundance	adventure	excitement
faith	forgiveness	spirituality	tolerance	humility	grace
respect	consideration	loyalty	faithfulness	politeness	serenity
wisdom	intelligence	knowledge	insight	acceptance	honour
learning	development	growth	challenge	competition	excellence
sense of duty	tradition	order	sense of control	obedience	realism
authenticity	rationality	sense of authority	protection	compassion	patience
wellbeing	vitality	positivity	contribution	calmness	co-operation
community	cleanliness	decency	professionalism	competence	virtue/goodness
support	helpfulness	caring	service	generosity	nurturing
gratitude	determination	diligence/hardworking	sense of purpose	making a difference	capability
innovation	creativity	resourcefulness	commitment	accountability	solitude

independence

responsibility

reliability

dependability

courage

quality

