

*“I want my inner truth to be the plumb line for my choices I make about my life-- about the work that I do and about how I do it, about the relationships I enter into and how I conduct them. -Parker Palmer Ph.D.”*

Accountability	Fortitude	Learning	Simplicity
Adaptability	Freedom	Liberty	Sincerity
Altruism	Friendship	Logic	Solitude
Ambition	Fun	Love	<b>Spirituality</b>
Assertiveness	Generosity	Loyalty	Spontaneous
Awareness	Grace	Motivation	Stability
Balance	Gratitude	Openness	Stewardship
Bravery	Growth	Optimism	Strength
Calm	Happiness	Order	Support
Community	Hard Work	Originality	Teamwork
Compassion	Harmony	Passion	Thankful
Confidence	Honesty	Patience	Thorough
Connection	Honor	Peace	Thoughtful
Consciousness	Hope	Persistence	Tolerance
Consistency	Humility	Playfulness	Toughness
Cooperation	Humor	Poise	Traditional
Courage Creativity	Imagination	Power	Tranquility
Curiosity Decisive	Improvement	Present	Transparency
Devotion	Independence	Productivity	Trust
Dignity	Individuality	Prosperity	Truth
Empathy	Innovation	Purpose	Understanding
Empower	Inquisitive	Quality	Uniqueness
Endurance	Insightful	Reason	Unity
Enthusiasm	Inspiring	Recognition	Valor
Equality	Integrity	Respect	Vigor
Ethical	Intelligence	Reverence	Vision
Excellence	Intensity	Risk	Vitality
Fairness	Intuitive	Security Self-	Welcoming
Family	Irreverent	reliance	Wisdom
Fidelity	Joy	Sensitivity	Wonder
Focus	Kindness	Serenity	
Foresight	Leadership	Service	

Step 1. Identify the first ten that you identify with the most.

Step 2. From this list, select your top five.

Step 3. Now select your top three.

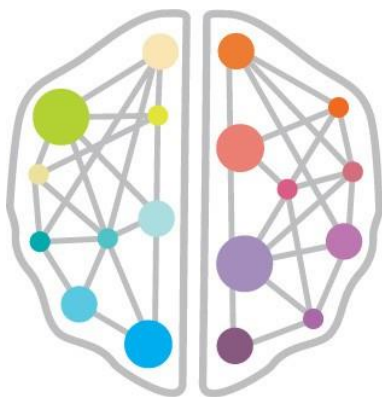
Points of reflection/discussion

\*Why are these important to you?

\*What do these words mean to you?

\*How do these values guide your daily activities?

“Fortitude is the guard and support of the other virtues.” – John Locke



Empower**ED**  
Pathways