

Big list of qualities, capacities, strengths, needs, values

[Values-based action practice](#)

[3-in-1 capacity resource](#)

[Implementation intention](#)

Consider:

- Which of the following values, strengths and/or qualities do I already embody?
 - Which of these that I already embody might I like to enhance/embody even more?
- Which of the following values, strengths and/or qualities don't I embody to the degree I would like to yet, but would like [to cultivate](#)?
 - For each yet to cultivate:
 - Why is this important to me?
 - What gets in the way of embodying/living it?
 - What might help?

Acceptance	Balance	Caution
Accomplishment	Bearing witness	Certainty
Accountability to self and others	Beauty	Challenge
Achievement	Being earnest	Charm
Acknowledgement	Being frank	Cheerfulness
Adaptability	Being intentional	Clarity
Adventurousness	Being methodical	Cleanliness
Agreeableness	Being personable	Clear-headedness
Altruism	Being reasonable	Cleverness
Ambition	Being skillful	Closeness
Amiability	Being thoughtful	Commitment
Appreciation	Being understanding	Common sense
Art	Benevolence	Communication
Assertiveness	Big-thinking	Community
Athleticism	Boldness	Compassion (for self, other)
Attentiveness	Bravery	Competence
Attention	Calm	Complexity
Attunement	Candor	Confidence
Autonomy	Capability	Connection
Authenticity	Capacity	Conscience
Awareness	Care	Conscientiousness
Awe	Carefulness	Consideration
	Caring	

Consistency
Constructiveness
Contemplation
Contentment
Contribution
Control
Conviction
Cooperation
Courage
Courteousness
Craftiness
Creativity
Credibility
Curiosity
Daringness
Decency
Decisiveness
Decorum
Dedication
Deep thought
Democracy
Dependability
Depth
Determination
Devotion
Dialectical (both/and)
thinking
Dignity
Diligence
Discipline
Discovery
Distress tolerance
Diversity
Drive
Dutifulness
Duty
Earnestness
Easygoingness
Education
Effectiveness
Efficiency

Elegance
Eloquence
Emotions
Emotion regulation
Emotional awareness
Emotional control
Empathy
Empowerment
Endurance
Energy
Enjoyment
Enthusiasm
Equality
Equity
Ethics
Evidence
Excellence
Excitement
Expansion
Expedience
Experiences
Experimentation
Exploration
Expressiveness
Extraordinary
experiences
Fairness
Faith
Faithfulness
Family
Farsightedness
Feelings
Fidelity
Flair
Flexibility
Focus
Foresight
Forgiveness
Forthrightness
Fortitude
Freedom

Freethinking
Friendliness
Friendship
Fun
Generosity
Gentleness
Genuineness
Giving
Good-naturedness
Goodness
Grace
Graciousness
Gratitude
Greatness
Growth
Happiness
Hard work
Harmony
Health
Heart
Helpfulness
Heroicness
Honesty
Honor
Honoring
Hope
Humility
Humor
Idealism
Impact
Imagination
Independence
Individuality
Innovation
Insight
Inspiration
Integrity
Intelligence
Intention
Intensity
Intuition

Intuitiveness	Poise	Selflessness
Inventiveness	Positivity	Sensitivity
Joy	Potential	Serenity
Justice	Practicality	Service
Kindness	Precision	Showing up
Knowledge	Principle	Simplicity
Leadership	Productivity	Skill
Learning	Professionalism	Sleep
Life direction	Protection	Social connection
Life experience	Punctuality	Solitude
Likability	Purpose	Sophistication
Logic	Quality	Spirituality
Love	Rationality	Spontaneity
Loyalty	Realism	Stability
Mastery	Recognition	Steadiness
Maturity	Recreation	Stillness
Meaning	Reflection	Strength
Meaning-making	Relaxation	Structure
Mellowness	Reliability	Studiousness
Mindfulness	Religion	Success
Moderation	Resilience	Teamwork
Modesty	Resourcefulness	Tenderness
Motivation	Respect (for self, other)	Thoroughness
Movement	Responsibility	Timeliness
Neutrality	Rest	Tolerance
Objectivity	Restraint	Tradition
Open-mindedness	Results	Tranquility
Openness	Rigor	Transformation
Optimism	Risk-taking	Transparency
Organization	Sacredness	Trust
Originality	Safety	Truth
Partnership	Sanity	Unity
Passion	Science	Variety
Patience	Security	Vitality & vivaciousness
Peace	Self-agency	Vulnerability
Performance	Self-awareness	Warmth
Perseverance	Self-efficacy	Well-roundedness
Persistence	Self-improvement	Wit
Play & playfulness	Self-reliance	Wisdom
Pleasure	Self-respect	_____
Poetry	Self-sufficiency	_____

Source: [*Thoughts and Feelings \(Fifth Edition\)*](#) by McKay, David & Fanning. New
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