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# CORE VALUES LIST

# CERTAINTY

stability, orderliness, predictability

Stabilization allows you to feel comfortable and safe. People who value certainty do not like to be surprised and prefer a predictable lifestyle. The reality they create is their asylum and provides peace of mind.

## Strengths

People who value stability and predictability are usually reliable. They consistently follow the patterns they have developed.

## Dangers

Too much commitment to certainty can be limiting. Such a person will prefer to stay in their comfort zone and will avoid taking on new challenges.

## Questions

- When was the last time you made a major change in your life?
- Have you tried something completely new recently?
- Has the past year brought something unexpected to you?

# CONTROL

control of the situation or environment

People who value control, like to be masters of the situation. No matter what happens, they are ready to make decisions. They are also ready to take responsibility for their actions. Interest in control can arise from a person's need for security or ambition.

## Strengths

The ability to wisely control important matters makes people with such a disposition consciously lead their lives.

## Dangers

Remember that we can't control everything. Trying to influence people in our environment can have a negative impact on relationships.

## Questions

- How organized is your work and personal life?
- What situations cause you to start feeling anxious or irritable?
- When was the last time you allowed yourself to do something completely spontaneous?

# SECURITY

being free from danger or threat

The value of security comes from our primary needs. The sense of security allows you to feel comfortable and opens the possibility of further development. People in need of security can do a lot to avoid danger.

## Strengths

Those who value safety are careful in making decisions and avoid excessive risk. The care for safety often results from caring for loved ones.

## Dangers

An exaggerated search for security can be very restrictive. Be realistic about the risk assessment.

## Questions

- In what situation have you felt threatened recently?
- What are you most afraid of?
- What makes you feel safe?

# PEACE

calm, freedom from conflict

People who value peace tend to avoid conflicts. If they engage in disputes, it is mainly to help resolve them. They are willing to make compromises and sacrifices if it is required to regain peace.

## Strengths

Openness and the pursuit of dialogue are qualities that peacemakers can demonstrate. They try to resolve conflicts quickly so as not to escalate them.

## Dangers

It is worth asking whether the pursuit of peace justifies all measures taken.

## Questions

- What event has recently disturbed your peace of mind?
- What do you usually do to ensure peace in your environment?
- In what situations do you feel most at peace?

# HEALTH

well-being, fitness, not being sick

Those who value health take conscious actions to maintain physical and mental fitness. They do not shy away from practicing sports and are happy to follow a healthy diet. They are aware of the consequences of insufficient health care.

## Strengths

People who care about health are often disciplined and systematic. Caring for health manifests itself in many elements of their everyday life.

## Dangers

In extreme cases, excessive interest in your health can cause harmful fears and concerns.

## Questions

- When was the last time you had a checkup?
- What do you plan to eat during the day?
- How much time per week do you spend on physical activity?

# DISCIPLINE

obedience, self-control

It is the ability to subordinate one's actions to the realization of a long-term plan. Disciplined people always have a goal in mind. They are also aware of how much they can achieve with their work and persistence if they really want something.

## Strengths

It is a value characteristic of people who are determined and goal-oriented. They are able to give up temporary pleasures in favor of a postponed reward.

## Dangers

Be careful that you don't start demanding too much of yourself. It is possible that at some point we set ourselves too high expectations.

## Questions

- What goal are you currently working on?
- What have you accomplished through discipline?
- How do you deal with moments of weakness?

# JOB SECURITY

not worrying about losing your job

Having a job gives you not only a salary, but also a certain social status. It also determines the role we play in society and our immediate surroundings. Employment security is for many people the foundation on which they build their lifestyle.

## Strengths

People who value employment stability usually lead a responsible and sustainable lifestyle. They tend to avoid risk.

## Dangers

An exaggerated commitment to this value can make us reluctant to consider changing jobs. Even if we find a better offer.

## Questions

- What position do you hold in your current job?
- Have you ever lost your job?
- How often do you change jobs?



# WEALTH

money, material goods, luxury lifestyle

Wealth can strongly affect the imagination. It allows us to feel comfortable, safe and exceptional. Although it does not guarantee finding true happiness, it gives a chance to discover the charms of life in any chosen way.

## Strengths

People who value wealth do not spare money to make their dreams and whims come true. In wealth they find a way to meet many of their needs.

## Dangers

The unrestrained pursuit of money and material goods can make us lose sight of value in people and make our spiritual life very shallow.

## Questions

- What attracts you about being rich?
- What is your attitude toward money?
- What dreams can you achieve by being rich?

# FINANCIAL STABILITY

stable income, financial freedom

For people who value financial stability, money is important, but not the most important. It is a medium of exchange and is needed to fulfill your own needs and dreams. It is not an end in itself, but only an instrument needed to achieve it.

## Strengths

Conscious financial management is characteristic for those who value financial stability. They usually work patiently according to a predetermined plan.

## Dangers

In some cases, strict control over finances can turn into stinginess. Do not let money rule you.

## Questions

- What is your financial goal?
- What do you do to increase your financial stability?
- How does financial stability affect your life?

# PLEASURE

enjoyment, happiness, satisfaction

Everyone finds pleasure in something different. Indulging in pleasure allows you to break away from your daily routine. These are the moments when we can feel fulfilled. This is when we renew our energy for the next actions.

## Strengths

You can learn cheerfulness from people who value pleasure and joy, because they focus mainly on the positives. They have a lot of distance to themselves and their lives.

## Dangers

Danger arises when feelings of pleasure or happiness are sought in stimulants or addictions.

## Questions

- When was the last time you allowed yourself a little pleasure?
- What activities do you enjoy?
- How often do you allow yourself a little pleasure?

# TRADITION

respecting customs, practicing rites

Recognition of tradition means respect for customs and rituals practiced by older generations. Attachment to tradition may result from the need for constancy or belonging. Tradition is often associated with the religion professed.

## Strengths

People who value tradition remain faithful to the rituals repeated for centuries. They can appreciate the cultural achievements of previous generations.

## Dangers

Sometimes too much attachment to tradition may not be conducive to broadening horizons.

## Questions

- What traditions are important to you?
- How long have you been practicing certain traditions?
- How do traditions shape your daily life?

# TRUST

a belief in someone or something

We all have to rely on something. Sometimes it's family and friends. Sometimes business partners or the government. Trust is a particularly important value because many aspects of our daily life are based on it.

## Strengths

Trust allows you to build strong relationships with other people. Often they will have values similar to ours.

## Dangers

Be careful with whom you trust. Not everyone has sincere intentions.

## Questions

- Who do you trust the most?
- Who has recently trusted you?
- When was the last time someone let your trust down?

# PRIVACY

the right to have secrets, discretion

In today's world, privacy is still a desired value. Privacy-conscious people only provide information that they want to share publicly. They feel uncomfortable about being watched.

## Strengths

People who value privacy and discretion can often be relied upon. They usually clearly define the boundaries of their privacy and actively defend it.

## Dangers

It is worth establishing areas of privacy where you will feel comfortable while not being isolated from your environment.

## Questions

- How do you take care of your privacy?
- Do you also care about the privacy of your loved ones?
- Has your privacy ever been violated?

# ACCOUNTABILITY

responsibility, dependability

Responsibility is a much-appreciated value when talking about relationships with other people. It is important both personally and professionally. We feel safer around people we can rely on. Dependability is often the basis of trust.

## Strengths

Everyone likes to work with responsible people. They are examples of professionalism and we trust them without fear. Responsibility also plays a key role in family life.

## Dangers

Too much responsibility we take on ourselves can be overwhelming in the long run.

## Questions

- How many people rely on your accountability?
- From whom do you most expect responsibility?
- Have you ever taken on too much responsibility?

# CHALLENGE

testing your own abilities, competition

Taking up challenges is often the result of a strong need to test yourself. These are activities that require us to leave our comfort zone and face something new and unknown. They awaken our imagination and shape our character.

## Strengths

Challenges reveal our hidden potential. Taking them allows us to get to know ourselves better.

## Dangers

Keep your limitations in mind and think about whether you are taking excessive risks.

## Questions

- What challenges have you completed in your life?
- What is currently the biggest challenge for you?
- What motivates you to take on the next challenges?



# ADVENTURE

looking for exciting or risky activities

It is a passion for activities that cause excitement. Adventurers are not afraid to take risks. They are eager to explore and learn about the unknown. Their openness allows them to make new friends easily.

## Strengths

It is impossible to get bored with people who love adventure. They are often initiators of unusual and courageous activities.

## Dangers

Searching for adventure can be very addictive. You have to be careful not to put yourself and others at too great a risk.

## Questions

- What has been your greatest adventure?
- What adventures are you planning in the near future?
- What adventure do you dream about most?

# VARIETY

frequent change, diversity

People who value diversity lead a very varied life, during which they will experience everything that caught their attention even for a moment. In the life of a person who loves diversity, there is only one thing you can be confident about - change.

## Strengths

Diversity and openness to change is a great way to explore the world around you. It allows to gather priceless and unforgettable experiences.

## Dangers

People focused on constant change can find it harder to devote themselves to something for longer periods of time. They are quickly bored with stagnation.

## Questions

- What have you changed in your life recently?
- Which of the changes was most important to you?
- How have frequent changes affected the way you view life?

# EXCITEMENT

great enthusiasm, eagerness

Excitement and enthusiasm can attract people. People with such characteristics are often the spark that initiates many activities. There is always something they are working on or are planning to start. They are not afraid of taking up challenges and adventures.

## Strengths

People full of enthusiasm do not lack energy to act. Their enthusiasm can spread to other people around them.

## Dangers

For people who value excitement, it is important that the environment in which they operate does not suppress their enthusiasm. Otherwise they may feel unfulfilled.

## Questions

- Is your enthusiasm communicating to those around you?
- What is your biggest excitement right now?
- What gives you the most energy to take action?

# COURAGE

fearlessness, bravery

It's about being ready to follow your heart and acting according to your values. Courageous people are seldom satisfied with compromises. They take what they want from life or are determined to find a way to achieve it.

## Strengths

The courageous have a chance to achieve what some are even afraid to dream about. In their struggle, they are accompanied by self-confidence and their abilities.

## Dangers

Be careful not to confuse courage with bravado. Courage comes from wisdom, and bravado comes from imprudence.

## Questions

- What do you owe to your courage?
- What event has required the most courage from you?
- Is there anything that you fear?

# CURIOSITY

willingness to explore and learn

Curiosity is one of the traits that have had a huge impact on the shape of our civilization. Searching for answers to intriguing questions, in-depth knowledge of a subject, interest in the surrounding world are the characteristics of people who value curiosity.

## Strengths

People driven by curiosity are on the right track to achieve wisdom. They are not afraid to ask questions. A strong passion is often present in their lives.

## Dangers

Sometimes discovering the essence of an issue can be disappointing. We must also remember that our curiosity should not infringe upon someone else's privacy.

## Questions

- What have you learned over the past year?
- What currently catches your curiosity?
- How do you satisfy your curiosity?

# CREATIVITY

imagination, inventiveness

The imagination of creative people has no limits. They shape the world as we know it. They are never template minded and are not afraid to question the status quo. Creating is their passion, and creativity manifests itself in many aspects of everyday life.

## Strengths

Creative people can stand out in the crowd. They are a source of bold and unusual ideas.

## Dangers

Losing ourselves in the creative process can make us too far from reality.

## Questions

- What creative things have you done in the past month?
- What do you owe to your creativity?
- In what areas do you use creativity most often?

# REPUTATION

other people's opinion

Reputation reflects our value in the eyes of others. It has a great influence on how we are treated by our surroundings. It can take a lot of work and effort to achieve the desired reputation, but it will make it easier for us to achieve our goals in relationships with others.

## Strengths

Those who care about reputation know the norms and principles of their environment. They carefully build their image.

## Dangers

Paying too much attention to other people's opinions can lead us to fulfill other people's expectations instead of fulfilling our own desires.

## Questions

- How long have you worked to establish your reputation?
- What benefits do you derive from your reputation?
- How did you achieve your reputation?

# RESPECT

honor and care shown towards someone

It is a recognition of someone's achievements or attitude. We respect those people who have had a strong and positive impact on our lives. We often adopt them as role models and are eager to learn from them.

## Strengths

Being respected gives a sense of fulfillment and satisfaction. Showing respect for others is an expression of high personal culture.

## Dangers

Trying to impress others will not give us respect. Earning respect requires making a positive contribution to other people's lives.

## Questions

- Who do you think deserves respect?
- How do you show your respect for someone?
- How do you earn respect from others?



# AUTHORITY

the right to lead and control

Power gives great opportunities, but also requires great responsibility. It gives privileges not available to other people. When used wisely, it allows you to achieve ambitious goals. In bad hands, it can turn out to be destructive.

## Strengths

People who value power are good at making decisions and giving orders. They work well as a group leader.

## Dangers

People will obey either out of respect or out of fear. It depends on how you use your power.

## Questions

- How did you gain authority?
- How do you use your authority?
- What opportunities does having authority give you?

# FAME

being known or recognized by many people

Fame is often desired by people who love to be the center of attention. The desire for fame can come from the need to be popular or the desire to achieve the benefits of recognition.

## Strengths

Recognition means that the attention of many people is focused on us. Famous people have the ability to influence the opinions of others.

## Dangers

Being recognized attracts many people. Some of them may not have good intentions towards us. Privacy is the price you pay for fame.

## Questions

- What you want to be known for?
- How often are you in the spotlight?
- What are you currently doing to increase your fame?

# AUTHENTICITY

truthfulness, genuineness

Authentic persons do not have to prove anything to others. They are themselves in every situation. When asked for their opinion, they will give an honest answer, even if their opinion is not popular. They do not find themselves in an environment where lying or lack of honesty often occurs.

## Strengths

People who value authenticity generally have no problems with self-acceptance. They can easily see falsehood or insincerity in the behavior of others.

## Dangers

Not all people want to be confronted with the truth. Sometimes it can be uncomfortable or painful for them. It is worth knowing how to be tactful.

## Questions

- Are you authentic in all areas of your life?
- When was the last time you pretended to be someone other than you really are?
- How do you respond to insincerity or lies?

# BEAUTY

aesthetics, attractiveness

Seeing beauty in the world around us gives a lot of joy. Creating beautiful things is sharing this joy with others. People who appreciate beauty usually like to take care of their appearance. They also pay a lot of attention to the appearance of others.

## Strengths

Those who value beauty can find a moment to admire what surrounds them. Thanks to this, they can experience what remains unnoticed by others.

## Dangers

Remember that beauty is not only in what is visible to the eyes. It can also be found in intangible things.

## Questions

- What is beauty to you and what is its ideal?
- How much attention do you give to taking care of your own or your surroundings' beauty?
- When did beauty become so important to you?

# APPRECIATION

recognition of value or worth

Appreciation is a significant respect for another person. Being appreciated always requires effort. Appreciation is given to people who have brought a lot of good in other people's lives or achieved something special with their own efforts.

## Strengths

Gaining appreciation can significantly increase self-esteem. It also allows us to be seen as a role model.

## Dangers

Before we seek appreciation, we need to consider whose appreciation we want and why it is valuable to us.

## Questions

- Who do you give credit to and why?
- Whose recognition do you care about?
- In what area do you want recognition and what are you doing about it?

# ACCEPTANCE

being included, approval

Acceptance is one of the most important human needs. It develops self-confidence and makes us feel that we mean something to others. The need for acceptance can have a strong impact on the decisions we make.

## Strengths

Acceptance and approval increase our self-esteem. By showing acceptance to others we give them strength.

## Dangers

If we find ourselves in the wrong environment, someone can use our need for acceptance for their own benefit.

## Questions

- Have you ever been unaccepted?
- Where have you found acceptance?
- Do you have problems with self-acceptance?

# INFLUENCE

having effect on people or things

Having influence allows you to shape the mindset of other people. It is a powerful ability and therefore requires a lot of responsibility. Influencers have a unique chance of doing something good for many people.

## Strengths

Positive influence on other people is a source of satisfaction and fulfillment. It makes us well remembered for what we have done for others.

## Dangers

When you are a role model for many people, you should be careful in what you say and do.

## Questions

- How much influence do you have in shaping the opinions of others?
- Do you use your influence responsibly?
- For what purposes do you use your influence?

# POPULARITY

being liked or admired by many people

Being popular is especially important for people who love being in the company of others. It makes you feel liked and important. Popularity makes it easier to use your contacts or make new friends.

## Strengths

Becoming popular opens up new opportunities. Everywhere we go we are surrounded by our friends.

## Dangers

Too much desire for popularity can turn into a desperate pursuit of admiration and being noticed.

## Questions

- To what do you owe your popularity?
- Do you sometimes find being popular tiresome?
- Are you satisfied with the quality of your relationships with others?



# UNIQUENESS

being particularly remarkable or unusual

Each of us is unique, but some people like to emphasize it. Extraordinary people make the world a much more interesting place. They like to be noticed and they like to surprise. They avoid everything that is common and popular in favor of what is unique and unusual.

## Strengths

Some people bring a new portion of energy wherever they appear. Their influence on the environment can awaken the creativity of others.

## Dangers

In some environments, standing out may be misunderstood. It is not an environment in which you will be able to be fully yourself.

## Questions

- What has recently made you stand out?
- To what extent do you like to stand out from others?
- What do you hope to achieve by emphasizing your uniqueness?

# LOVE

deep feeling of affection

Love manifests itself in the interest and care of another person. Depending on who it is addressed to, it can take various forms. It is one of the most important human needs because everyone wants to love and be loved.

## **Strengths**

The feeling of love is often a strong motivation for action and change. It can bring out the noblest qualities of man.

## **Dangers**

Strong feelings and intense emotions can sometimes make them difficult to control. Rational thinking is then pushed into the background.

## **Questions**

- How did your life change when you found love?
- What are you willing to do in the name of love?
- What is love to you?

# FAMILY

caring for loved ones

Family is a value that meets many of our needs simultaneously. We find love, security, self-esteem and development in it. Taking care of the family we have a great opportunity to positively influence the lives of our loved ones. In return we are generously endowed with love.

## Strengths

For many people, the family is a way to find balance and respite, and at the same time a strong source of motivation.

## Dangers

Family matters can be too engaging when all attention and effort is given to them. A little time for yourself will allow you to return to them with new energy.

## Questions

- How good a relationship do you have with your family?
- How much time and attention do you give to your loved ones each day?
- How do you support your family and what does the support you receive look like?

# HONESTY

sincerity, frankness

Honesty is about expressing your true opinion openly. It makes our thoughts and actions coherent. Honesty is based on authenticity, mutual trust and has a huge impact on shaping relationships with other people.

## Strengths

Honest people have no problem expressing their own opinion. You can rely on their truthfulness and authenticity.

## Dangers

If we are not asked for absolute honesty, it can hurt someone to tell an unpleasant truth.

## Questions

- When was the last time you had an honest conversation with someone?
- What benefits does honesty bring to your relationships with others?
- Are there situations in which you would not choose to be honest?

# LOYALTY

faithfulness

Loyalty is showing constant support to an individual or organization. Loyal people build their relationships based on trust. They conscientiously keep their commitment and expect the same from the other party.

## Strengths

Those who value loyalty remain consistent in their beliefs and choices. They try not to lose someone's trust.

## Dangers

In some situations, loyalty can block your progress. Sometimes it is worth considering whether you are loyal to yourself and your needs.

## Questions

- To whom are you loyal?
- From whom do you expect loyalty?
- How often is your loyalty tested?

# **FORGIVENESS**

willingness to forgive others

At the heart of forgiveness lies a deep faith in the goodness of another person. People willing to forgive want to live in harmony. They understand well that we all make mistakes and believe that everyone deserves a second chance.

## **Strengths**

Those who value forgiveness don't resent long. They are always open to other people and can accept their imperfections.

## **Dangers**

In extreme situations, people who are not honest with us can abuse our forgiveness.

## **Questions**

- When was the last time you forgave someone?
- What would you not be able to forgive?
- Have you ever gotten a second chance from someone?

# COMPASSION

empathy, sympathy

Compassion manifests itself in seeing and understanding the suffering of the other being. People capable of compassion are not indifferent to human problems. When possible, they voluntarily provide help and support.

## Strengths

Empathetic people can perfectly understand the emotions of another person. This proves their highly developed emotional intelligence.

## Dangers

Too much involvement in other people's feelings and problems can have a negative impact on your mental comfort and life satisfaction.

## Questions

- How many people have you helped?
- Are you currently involved in any charitable activities?
- Do others seek help from you specifically?

# FRIENDSHIP

comradeship, companionship

Friendship allows you to enjoy life in the company of kind people. It gives a sense of self-worth, acceptance and belonging. It teaches us to take care of the other person and share what we have to offer.

## Strengths

Those who value friendship create strong bonds with other people. They are often perceived as friendly and trustworthy.

## Dangers

True friendship is based on reciprocity. To experience it fully, you need to be sensitive to the needs of another person.

## Questions

- How large is your circle of friends?
- How would you rate yourself as a friend?
- What do you think are the most important qualities of a friend?



# GROWTH

physical, intellectual and spiritual development

Growth is an integral part of every person's life. The power of development lies in the ability to independently decide on its direction. It allows us to achieve personal desires and become what we want to be.

## Strengths

People interested in growth are very conscious about achieving their goals. They believe in their abilities and do not avoid the necessary effort.

## Dangers

It may happen that the existing environment does not provide opportunities for further growth. In such cases, there is a feeling that you are not using your full potential.

## Questions

- To what extent are you realizing your potential?
- In what area are you currently developing the most?
- Is your environment conducive to development?

# PASSION

a vocation or loved hobby

Passion is an activity in which we find real pleasure. People with passion are very excited when their interests are discussed. They can talk about them for hours. The effects of their work can be impressive because they put a lot of heart into it.

## Strengths

Passionates are very committed to their work. They get pleasure and satisfaction from doing it. They pay a lot of attention to details.

## Dangers

Sometimes you can get lost in your favorite activity. Do not forget about people who also need your presence and attention.

## Questions

- What is your greatest passion?
- How much can your passion absorb you?
- How has passion changed your life?

# EXCELLENCE

mastery, perfection

Excellence is a path that only a few follow. Every day they push their limits to improve their workshop and craftsmanship. Good or very good results are not satisfactory enough for them. The improvement process is as important as the end result itself.

## Strengths

People who value excellence are not afraid to work hard because it is very rewarding for them. The effects of their work definitely stand out from others and can delight.

## Dangers

Perfectionism can block the completion of projects. Despite the fact that we have been working long hours, we do not provide real value for others.

## Questions

- In what area do you strive for excellence?
- How much time do you spend improving your skills?
- What is more important to you - the process of improvement or the end result?

# DETERMINATION

persistence, perseverance

It is a constant effort despite numerous difficulties and adversities. Thanks to determination people fulfill their ambitions. It allows them to survive difficult moments and move on in the direction they want to go.

## Strengths

Persistent people have a good chance of achieving what for others is only a fantasy. They are characterized by steadfastness and fortitude. Usually they are driven by strong motivation.

## Dangers

From time to time, it is worthwhile to consider whether the goal you are currently aiming at is exactly what you want to achieve.

## Questions

- What have you accomplished through your perseverance?
- What are you currently working on with determination?
- How do you cope in moments of weakness?

# SUCCESS

achieving desired results

Success confirms that the right decisions were made and effectively implemented. It contributes to building self-esteem and confidence. Achieving success brings a lot of satisfaction and can be a source of pride.

## Strengths

For those who value success, results are what counts. They are very effective in achieving your goals and can sacrifice a lot on the way to success.

## Dangers

It is worth verifying from time to time how we define success and what price we are willing to pay for it.

## Questions

- What is your greatest success?
- Have you ever had to sacrifice something for success?
- Who is a successful person to you?

# INDEPENDENCE

self-reliance, self-sufficiency

Independence gives a sense of security and control. It also creates favourable conditions for growth. Those who value independence are reluctant to give control over their life to someone else.

## Strengths

Independent people trust their own choices the most. They can solve problems on their own. They value freedom of action very much.

## Dangers

Trusting someone else can be problematic and create feelings of insecurity.

## Questions

- What does independence allow you to do?
- When was the last time you felt dependent on someone?
- What are you currently doing to increase your independence?

# RELIGION

devoutness, faith

Religion helps in finding the answer to the question about the meaning of life. Religious people often try to take an active part in the life of the local community centered around their religion, which allows them to experience a strong sense of belonging.

## Strengths

Religious people care about maintaining traditions and customs. They follow clear rules and are willing to defend their beliefs.

## Dangers

Regardless of your own faith, be mindful of respect and tolerance for people of different religious beliefs.

## Questions

- What role does religion play in your daily life?
- Are you actively involved in any religious community?
- How has faith changed your view of the world and people?

# WISDOM

making good decisions and judgments

Wisdom comes from the knowledge and experience gained in life. It allows to objectively assess the situation and make the right choices. It is also a mature way of looking at the world and other people.

## Strengths

Wise people can anticipate the long-term consequences of difficult decisions. They are always interested in expanding their knowledge.

## Dangers

Besides relying on your own wisdom, it's important to stay open to other people's wisdom. You can learn a lot from their experiences.

## Questions

- How many wise people do you know?
- What have you recently learned from your mentor?
- In what ways do you care about becoming wiser?



# INTELLIGENCE

logical thinking, quick learning

Intelligent people are guided by logic when making decisions. They are able to assess the situation well and prefer to rely on their own opinions. They are careful with the ideas and advice given to them. Intelligence makes it easier to adapt quickly to a changing situation.

## Strengths

Intelligent people are excellent at combining facts and drawing logical conclusions. Continuous learning is an integral part of their lives.

## Dangers

Logical thinking does not always make it easier to solve problems. People's behavior is rarely logical.

## Questions

- What do you owe to your intelligence?
- How often do you rely on your own thoughts?
- How do you adapt to emerging changes?

# COMPETENCE

capability, expertise, skill

Competence is a high level of knowledge and skills in a given field. Competent people put a lot of effort into ensuring that the quality of their work meets the highest expectations. They are aware of the need for continuous self-improvement.

## Strengths

Competent people perform their duties excellently. They are accurate and effective in what they do.

## Dangers

When others are aware of our competence, they may try to burden us with too many responsibilities and tasks.

## Questions

- What was your path to gaining your current competencies?
- What is your attitude towards the work you do?
- How are you improving your competencies?

# SPIRITUALITY

focusing on intangible aspects of life

Spirituality makes us focus a lot of our attention on immaterial reality. It is a constant search for the meaning of life. It evolves with our inner development and the subsequent stages of life.

## Strengths

People interested in spirituality are looking for answers to fundamental questions important to them. They are capable of self-reflection and keeping an open mind.

## Dangers

Spirituality is a very personal and individual matter. It is important to remember that not everyone will share our beliefs.

## Questions

- How has spirituality affected your relationships with other people?
- Do you belong to any spiritual organization?
- In what ways does your spirituality manifest itself?

# INNER HARMONY

balance, self-fulfilment

Internal harmony and balance allow you to find relief in the hustle and bustle of the surrounding world. Thanks to them, we can still enjoy small things. Self-awareness is an important element on the way to achieving inner balance.

## Strengths

Those who value inner harmony are generally people who are aware of their own values. They avoid extreme emotions and follow their own path.

## Dangers

Finding your inner balance requires being honest with yourself. Sometimes you have to answer difficult or uncomfortable questions.

## Questions

- How has finding inner balance changed your approach to life?
- What has helped you find inner balance?
- How do you take care to maintain your inner harmony?

# AMBITION

aspiration, strong desire to succeed

Ambition comes from a strong self-esteem. It manifests itself in setting goals that are difficult to achieve and their consistent realization. Ambitious people build their image through their own achievements.

## Strengths

Ambitious people boldly choose their goals. When necessary, they are ready to make sacrifices.

## Dangers

Being too ambitious and not properly assessing your own abilities may end in failure.

## Questions

- What ambitious goal are you currently pursuing?
- What are your past accomplishments that you are proud of?
- What sacrifices are you willing to make?

# CONTRIBUTION

helping others to achieve a common goal

Making your own contribution gives satisfaction from participating in something important and needed by other people. It gives an opportunity to leave something valuable behind. It positively influences self-esteem and life satisfaction.

## Strengths

Those who like to contribute are able to see value in the work of others. They have a lot of energy to act and help. They feel good in teamwork.

## Dangers

Beware of people and organizations trying to misuse the help you offer.

## Questions

- In what activity are you currently contributing?
- What motivates you most to contribute?
- What are the results of your contribution so far?

# EQUALITY

equal rights and opportunities for all

It is a belief that we all deserve equal rights and opportunities. Equality is to protect us from injustice and exclusion. Ensuring equality does not come easily and requires breaking down many barriers.

## Strengths

Those who value equality recognize the need to guarantee equal opportunities and privileges for all. As far as they can, they strive to fight inequality.

## Dangers

The spread of equality in society is a long process. It is worth being aware that the effects of the efforts may appear after many years.

## Questions

- In what area do you see the most inequality?
- What steps are you taking to fight inequality?
- Have you ever experienced unequal treatment?

# JUSTICE

fairness, integrity

Social order is based on justice and honesty. Righteous people follow precisely defined principles in their lives. They expect the same from others. They generally have a very well-developed sense of morality.

## Strengths

The righteous follow the rules that apply to everyone. They actively defend this order and oppose all forms of injustice.

## Dangers

Not everything is black or white. Judging a situation fairly requires real wisdom.

## Questions

- In what areas of your life do you most value integrity?
- How does your integrity translate into building relationships with other people?
- When was the last time your integrity or fairness was put to the test?



# MEANINGFUL WORK

positive impact on other people's lives

Having a valuable job allows you to positively influence the lives of others. It gives a sense of being needed and useful to society. Seeing the value in your work gives you a lot of energy to act and avoids professional burnout.

## Strengths

People with meaningful work are very committed to it. They put a lot of effort into what they do, but they get enormous satisfaction from it.

## Dangers

Finding a job that you deem valuable is not an easy task. Good knowledge of your own values is helpful here.

## Questions

- What gives you the greatest satisfaction in your job?
- What criteria must your dream job meet?
- Have you ever experienced burnout?

# TEAMWORK

collaboration, synergy

Teamwork proves that more can be achieved by working with others than by acting alone. This is a key value for people working on very complex projects. Team problem solving allows you to achieve goals more efficiently.

## Strengths

People who value teamwork see that achieving great goals is only possible through collaboration with others. They actively care for the morale of the entire team.

## Dangers

When you value teamwork, you can only develop your full potential in a collaborative and synergy-oriented team.

## Questions

- Why is teamwork important in what you do?
- What achievement was only possible because of teamwork?
- What determines the success of a team?

# TOLERANCE

acceptance, openness, open-mindedness

It is respect for other people, regardless of their views and lifestyle. The basis of tolerance is awareness of your own worth. People with open minds are not afraid of being different, and see value in diversity.

## Strengths

Tolerant people do not use stereotypical thinking and have no need to prove their superiority.

## Dangers

Tolerance has its limits. Behaviors violating someone's freedom or dignity should not be tolerated.

## Questions

- What benefits do you see in diversity?
- What are you doing to promote tolerance?
- Is there anything you don't tolerate or accept?

# COMMITMENT

engagement, support

Commitment and involvement are very important values in working with other people. They build the image of a good employee and allow you to gain trust and respect. We are most willing to engage in things that are close to us and in line with our values.

## Strengths

People who value commitment are very hardworking. They do their job reliably, keep their word and do not exceed the agreed deadlines.

## Dangers

It's easy to lose control of your commitments if you make too many of them. This requires good management of your energy.

## Questions

- What activities are you currently most involved in?
- What projects are you most eager to get involved in?
- How do you deal with the sheer volume of responsibilities?

# ETHICS

moral behavior

People who value ethics often stand guard over morality. They actively oppose unethical actions and are able to assess the situation well through a broader perspective. They are excellent at making objective judgments.

## Strengths

People who value ethics can be relied on because they follow clearly defined rules in their lives. They are also consistent in their beliefs and will defend them for the general good.

## Dangers

A distorted sense of ethics can lead to a misjudgment of reality. You should remember that not everything is black or white.

## Questions

- Why is it important to follow ethics?
- Do you see any changes in human morality?
- What role does ethics play in today's world?

# HELPFULNESS

benevolence, service, altruism

Altruists put other people's needs above their own. They devote a large part of their lives to helping those in need. Thanks to their sensitivity and empathy they are not indifferent to the problems of others.

## Strengths

Helpful people are often highly motivated to act. Their willingness to help causes them to gather many thankful people around them.

## Dangers

Too much sacrifice can be destructive. Altruists should remember to meet their basic needs in order to continue with their mission.

## Questions

- Who have you helped recently?
- What motivates you to help others?
- Are you active in any charity?

# FREEDOM

liberty, freedom of action and thought

It is free will, which can freely manifest itself in actions taken and opinions expressed. People who value freedom want to live according to their own beliefs and principles. They do not like limitations and patterns.

## Strengths

Valuing your own freedom often goes hand in hand with respecting the freedom of others. People who value freedom usually make decisions very consciously.

## Dangers

Sometimes too strong a desire for freedom can lead to loneliness and isolation from the rest of society.

## Questions

- What gives you freedom?
- Do you currently see threats to your freedom?
- What actions do you take to maintain or increase your freedom?