

# EMOTIONAL AGILITY AND VALUES

Accountability  
Accuracy  
Achievement  
Adventurousness  
Altruism  
Ambition  
Assertiveness  
Balance  
Belonging  
Boldness  
Calmness  
Carefulness  
Challenge  
Cheerfulness  
Commitment  
Community  
Compassion  
Competitiveness  
Consistency  
Contentment  
Contribution  
Control  
Cooperation  
Correctness  
Courtesy  
Creativity  
Curiosity  
Decisiveness  
Dependability  
Determination  
Devoutness  
Diligence  
Discipline  
Discretion

Diversity  
Dynamism  
Economy  
Effectiveness  
Efficiency  
Elegance  
Empathy  
Enjoyment  
Enthusiasm  
Equality  
Excellence  
Excitement  
Expertise  
Exploration  
Expressiveness  
Fairness  
Faith  
Fidelity  
Fitness  
Fluency  
Focus  
Freedom  
Fun  
Generosity  
Goodness  
Grace  
Growth  
Happiness  
Hard Work  
Health  
Helping Society  
Holiness  
Honesty  
Honour

Humility  
Independence  
Ingenuity  
Inner Harmony  
Inquisitiveness  
Insightfulness  
Intelligence  
Intellectual Status  
Intuition  
Joy  
Justice  
Leadership  
Legacy  
Love  
Loyalty  
Making a difference  
Master  
Merit  
Obedience  
Openness  
Order  
Originality  
Patriotism  
Perfection  
Piety  
Positivity  
Practicality  
Preparedness  
Professionalism  
Prudence  
Quality-orientation  
Reliability  
Resourcefulness  
Restraint

Security  
Self-actualisation  
Self-control  
Selflessness  
Self-reliance  
Sensitivity  
Serenity  
Service  
Shrewdness  
Simplicity  
Soundness  
Speed  
Spontaneity  
Stability  
Strategic  
Strength  
Structure  
Success  
Support  
Teamwork  
Temperance  
Thankfulness  
Thoroughness  
Thoughtfulness  
Timeliness  
Tolerance  
Traditionalism  
Trustworthiness  
Truth-seeking  
Understanding  
Uniqueness  
Usefulness  
Vision  
Vitality

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