



Authenticity

being myself, being genuine,
knowing who I am



Balance

being intentional about
my time and focus



Connection

building and keeping close relationships,
being there for friends and family,
making new friends



Emotional Health

accepting myself for who I am,
mental health, self-confidence



Gratitude

appreciating the life
and things I have



Hard Work

striving academically, taking steps
toward my future career



Independence

thinking for myself,
making my own decisions



Justice

standing up for
what is right and fair



Kindness

being considerate, helpful, and
caring—to myself and others



Open-Mindedness

willing to consider new ideas,
listen to others, learn and grow



Physical Health

taking care of myself physically,
including sleep, food,
and movement



Presence

being present in the moment,
giving people my full attention



Privacy

having boundaries,
respecting others' boundaries,
protecting myself



Spirituality

leaning into my faith, spirituality,
and/or enlightenment

What value
would you add?



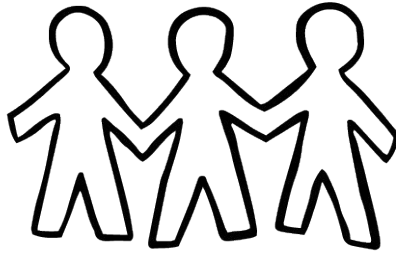
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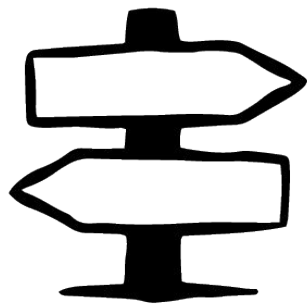
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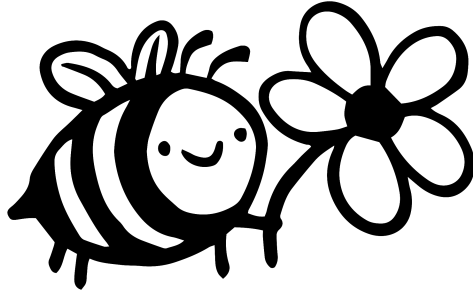
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