



*"When your values are clear, making decisions becomes easier"*

*- Roy E. Disney*

# Values Reflection Exercise

## Accepting

1. Definition: Being open and receptive to different ideas, people, and situations without judgment.
2. Obituary example: "She was known for her accepting nature, always making others feel welcomed and valued regardless of their background."
3. Daily actions:
  - Listen to others' perspectives without interrupting
  - Avoid making quick judgments about new people or ideas
  - Practice inclusivity in your social circles

## Accountability

1. Definition: Taking responsibility for one's actions and their consequences.
2. Obituary example: "He was admired for his strong sense of accountability, always owning up to his mistakes and following through on his commitments."
3. Daily actions:
  - Admit mistakes and learn from them
  - Keep a planner to track and meet deadlines
  - Follow through on promises made to others and yourself

## Achievement

1. Definition: Accomplishing goals and attaining success through effort and skill.
2. Obituary example: "Her life was marked by numerous achievements, always striving to reach new heights in her personal and professional life."
3. Daily actions:
  - Set clear, achievable goals and work towards them consistently
  - Celebrate small wins along the way to bigger accomplishments
  - Continuously challenge yourself to improve and grow

## Adaptability

1. Definition: Being flexible and able to adjust to new conditions or circumstances.
2. Obituary example: "His remarkable adaptability allowed him to thrive in various environments and face life's challenges with grace."

3. Daily actions:
  - Welcome change instead of resisting it
  - Try new approaches when faced with obstacles
  - Stay open to learning new skills and technologies
  - Embrace new situations with calm and an open mind

## **Admiration**

1. Definition: Respect and warm approval.
2. Obituary example: "Her integrity and compassion earned her the admiration of colleagues and community members alike."
3. Daily actions:
  - Strive for excellence in your endeavors
  - Treat others with respect and kindness
  - Express genuine admiration for others' positive qualities

## **Adventure**

1. Definition: Seeking exciting experiences and embracing the unknown.
2. Obituary example: "Her life was a testament to her adventurous spirit, always eager to explore new places and try new things."
3. Daily actions:
  - Try a new activity or hobby regularly
  - Plan trips to unfamiliar places
  - Say "yes" to opportunities that push you out of your comfort zone

## **Altruism**

1. Definition: Selfless concern for the well-being of others.
2. Obituary example: "His life was defined by altruism, always putting others' needs before his own."
3. Daily actions:
  - Volunteer regularly in your community
  - Offer help to friends or strangers without expecting anything in return
  - Donate to causes you care about

## **Ambition**

1. Definition: Strong desire and determination to achieve success.
2. Obituary example: "Her ambition drove her to remarkable heights in her career and personal life."
3. Daily actions:
  - Set challenging but achievable goals
  - Continuously seek opportunities for growth and advancement
  - Network with people who inspire and motivate you

## **Animals**

1. Definition: Caring for and respecting all forms of animal life.

2. Obituary example: "His love for animals was evident in his lifelong commitment to wildlife conservation."
3. Daily actions:
  - Volunteer at animal shelters
  - Choose cruelty-free products
  - Support wildlife conservation efforts

## **Appreciation of Beauty**

1. Definition: The ability to recognize and enjoy the pleasing qualities in art, nature, and everyday life.
2. Obituary example: "Her deep appreciation of beauty enriched her life and inspired others to find wonder in the world around them."
3. Daily actions:
  - Take time to notice beautiful things in your environment
  - Engage with art, music, or nature regularly
  - Express gratitude for beautiful experiences

## **Assertiveness**

1. Definition: Confidently expressing one's thoughts and feelings while respecting others.
2. Obituary example: "Known for his assertiveness, he always stood up for his beliefs and advocated for others."
3. Daily actions:
  - Practice expressing your opinions clearly and respectfully
  - Set and maintain personal boundaries
  - Learn to say 'no' when necessary

## **Authenticity**

1. Definition: Being true to one's own personality, spirit, character, and values.
2. Obituary example: "She lived life unapologetically authentic, inspiring others to embrace their true selves."
3. Daily actions:
  - Reflect on your values and act in alignment with them
  - Express your genuine thoughts and feelings, not what's popular
  - Avoid pretending to be someone you're not to please others

## **Balance**

1. Definition: Maintaining harmony between different aspects of life.
2. Obituary example: "He mastered the art of balance, excelling in his career while nurturing rich personal relationships."
3. Daily actions:
  - Set boundaries between work and personal life
  - Allocate time for various activities: work, relationships, hobbies, self-care
  - Regularly assess and adjust your life balance

## **Beauty**

1. Definition: Appreciating and creating aesthetic pleasure.
2. Obituary example: "Her life was a testament to finding and creating beauty in all aspects of existence."
3. Daily actions:
  - Take time to appreciate beauty in nature and everyday life
  - Cultivate beauty in your personal space
  - Create or support beautiful things, whether art, music, or design

## **Being the best**

1. Definition: Striving for excellence and top performance in chosen areas.
2. Obituary example: "His relentless pursuit of excellence made him a leader in his field."
3. Daily actions:
  - Set high standards for yourself
  - Continuously work on improving your skills
  - Seek feedback and learn from those who excel in your areas of interest

## **Belonging**

1. Definition: Feeling accepted and part of a group or community.
2. Obituary example: "She had a gift for creating a sense of belonging wherever she went, making everyone feel like part of the family."
3. Daily actions:
  - Actively participate in community or group activities
  - Reach out to others and build connections
  - Create inclusive environments in your social and professional circles

## **Career**

1. Definition: Focusing on professional growth and success.
2. Obituary example: "His dedication to his career led to groundbreaking achievements in his field."
3. Daily actions:
  - Set and work towards professional goals
  - Continuously learn and develop skills relevant to your career
  - Network and seek mentorship opportunities

## **Caring**

1. Definition: Showing kindness and concern for others.
2. Obituary example: "Her caring nature touched countless lives, leaving a legacy of compassion."
3. Daily actions:
  - Check in regularly with friends and family
  - Offer help to those in need
  - Practice active listening and empathy

## **Character strength**

1. Definition: Possessing and demonstrating admirable personal qualities.
2. Obituary example: "His strength of character was evident in every aspect of his life, earning respect from all who knew him."
3. Daily actions:
  - Reflect on and cultivate positive character traits
  - Make decisions based on your values, even when it's difficult
  - Seek feedback on your character and work on areas for improvement

## **Collaboration**

1. Definition: Working effectively with others to achieve common goals.
2. Obituary example: "Her collaborative spirit led to innovative solutions and strong team bonds throughout her career."
3. Daily actions:
  - Actively participate in group projects
  - Seek and value others' input
  - Practice effective communication in team settings

## **Comfort**

1. Definition: A state of physical ease and freedom from pain or constraint.
2. Obituary example: "She had a gift for creating comfort, making everyone feel at ease in her presence and in the spaces she designed."
3. Daily actions:
  - Create a welcoming and comfortable living environment
  - Offer comfort to others in times of need
  - Practice self-care to maintain your own comfort and well-being

## **Commitment**

1. Definition: Dedicating oneself fully to a person, cause, or activity.
2. Obituary example: "His unwavering commitment to education transformed the lives of countless students."
3. Daily actions:
  - Follow through on promises and responsibilities
  - Set long-term goals and stick to them
  - Support causes or relationships consistently over time

## **Community**

1. Definition: Valuing and contributing to a group of people with shared interests or living in the same area.
2. Obituary example: "Her dedication to community building created lasting bonds and positive change in her neighborhood."
3. Daily actions:
  - Participate in local events and initiatives
  - Volunteer for community organizations

- Foster connections with neighbors and local businesses

## **Compassion**

1. Definition: Feeling and acting on genuine concern for others' suffering.
2. Obituary example: "His compassion knew no bounds, always ready to offer support and understanding to those in need."
3. Daily actions:
  - Practice empathy in daily interactions
  - Offer help or comfort to those going through difficult times
  - Support charitable causes that alleviate suffering

## **Competence**

1. Definition: Having the necessary ability, knowledge, or skill to do something successfully.
2. Obituary example: "Her competence in her field was unmatched, setting new standards of excellence."
3. Daily actions:
  - Continuously improve your skills and knowledge
  - Seek feedback and act on it to enhance your abilities
  - Take on challenges that stretch your capabilities

## **Confidence**

1. Definition: Belief in oneself and one's abilities.
2. Obituary example: "His quiet confidence inspired others to believe in themselves and pursue their dreams."
3. Daily actions:
  - Acknowledge your strengths and successes
  - Take on challenges that push you out of your comfort zone
  - Practice positive self-talk and affirmations

## **Connection**

1. Definition: Forming and maintaining meaningful relationships with others.
2. Obituary example: "She had a gift for connection, forming deep and lasting bonds with people from all walks of life."
3. Daily actions:
  - Reach out to friends and family regularly
  - Practice active listening in conversations
  - Participate in activities that bring you together with like-minded individuals

## **Contentment**

1. Definition: Feeling satisfied with one's current situation.
2. Obituary example: "He found contentment in life's simple pleasures, radiating a sense of peace to all around him."
3. Daily actions:

- Practice gratitude daily
- Focus on what you have rather than what you lack
- Find joy in everyday moments

### **Continuous improvement**

1. Definition: Consistently working to enhance oneself or one's surroundings.
2. Obituary example: "Her life was a testament to continuous improvement, always striving to be better today than yesterday."
3. Daily actions:
  - Set regular goals for personal and professional growth
  - Seek feedback and act on it
  - Reflect on your progress and adjust your strategies accordingly

### **Contribution**

1. Definition: Making a positive impact or difference in the world.
2. Obituary example: "His contributions to environmental conservation will benefit generations to come."
3. Daily actions:
  - Volunteer for causes you care about
  - Share your skills and knowledge to help others
  - Look for ways to add value in your workplace and community

### **Cooperation**

1. Definition: Working together with others towards a common goal.
2. Obituary example: "Her spirit of cooperation fostered teamwork and success in every project she undertook."
3. Daily actions:
  - Practice active listening and compromise in group settings
  - Offer help to colleagues or classmates
  - Participate actively in team projects

### **Country**

1. Definition: A strong feeling of love, loyalty, and support for one's nation.
2. Obituary example: "Her love for her country motivated her to serve in various capacities, always working to make it a better place for all citizens."
3. Daily actions:
  - Stay informed about national issues
  - Participate in civic duties like voting
  - Contribute positively to your local community

### **Courage**

1. Definition: The ability to do something that frightens one; bravery. Doesn't shrink from fear.
2. Obituary example: "His courage in the face of adversity inspired all who knew him."

### 3. Daily actions:

- Face your fears and step out of your comfort zone regularly
- Stand up and speak up for your beliefs and values
- Take calculated risks in pursuit of your goals

## **Creativity**

1. Definition: Using imagination or original ideas to create something or to solve problems. Out-of-the box thinker.

2. Obituary example: "Her boundless creativity transformed the way people viewed everyday objects."

### 3. Daily actions:

- Engage in creative hobbies regularly
- Look for innovative solutions to problems
- See and do things in different ways

## **Culture**

1. Definition: Appreciating and preserving customs, arts, social institutions, and achievements of a particular nation, people, or social group.

2. Obituary example: "His dedication to preserving and sharing his cultural heritage enriched the lives of many."

### 3. Daily actions:

- Learn about and celebrate your own cultural background
- Explore and respect other cultures
- Participate in cultural events and traditions

## **Curiosity**

1. Definition: A strong desire and interest to know or learn something or someone.

2. Obituary example: "Her insatiable curiosity led her to become a lifelong learner and explorer."

### 3. Daily actions:

- Ask questions and seek to understand new concepts
- Try new experiences and learn new skills
- Read widely on various topics

## **Dependability**

1. Definition: The quality of being trustworthy and reliable.

2. Obituary example: "His dependability made him a rock for his family, friends, and colleagues."

### 3. Daily actions:

- Follow through on commitments and promises
- Be punctual for appointments and deadlines
- Communicate clearly if you're unable to meet an obligation

## **Dignity**



1. Definition: The state or quality of being worthy of honor or respect.
2. Obituary example: "She lived and worked with dignity, treating everyone with respect regardless of their status."
3. Daily actions:
  - Treat yourself and others with respect
  - Stand up for your own and others' rights
  - Maintain composure in challenging situations

## **Discipline**

1. Definition: The practice of training people to obey rules or a code of behavior, using punishment to correct disobedience.
2. Obituary example: "His unwavering discipline in pursuing his goals led to remarkable achievements and inspired others to persevere."
3. Daily actions:
  - Establish and stick to a daily routine
  - Set clear goals and work consistently towards them
  - Practice self-control in face of temptations

## **Diversity**

1. Definition: Understanding, accepting, and valuing differences between people.
2. Obituary example: "His commitment to fostering diversity created a more inclusive and vibrant community."
3. Daily actions:
  - Seek out diverse perspectives and experiences
  - Challenge your own biases and assumptions
  - Advocate for inclusivity in your school or workplace

## **Duty**

1. Definition: A moral or legal obligation; a responsibility.
2. Obituary example: "His strong sense of duty to his family, community, and country guided his actions throughout his life."
3. Daily actions:
  - Fulfill your responsibilities diligently
  - Volunteer for causes you believe in
  - Support and care for your family and community

## **Education**

1. Definition: The process of teaching and learning to develop knowledge and skills.
2. Obituary example: "Her passion for education transformed countless lives and inspired a love of learning in generations of students."
3. Daily actions:
  - Pursue opportunities for learning, both formal and informal
  - Share your knowledge with others
  - Support educational initiatives in your community

## **Empathy**

1. Definition: The ability to understand and share the motives and feelings of others.
2. Obituary example: "His deep empathy allowed him to connect with and support others in profound ways."
3. Daily actions:
  - Practice active listening without judgment
  - Try to see situations from others' perspectives
  - Seek to learn what makes others tick
  - Offer support and understanding to those going through difficult times

## **Enthusiasm**

1. Definition: Intense and eager enjoyment, interest, or approval.
2. Obituary example: "Her infectious enthusiasm for life brought joy to all who knew her and inspired others to pursue their passions."
3. Daily actions:
  - Approach tasks with a positive attitude
  - Share your excitement about your interests with others
  - Seek out new experiences that spark your curiosity

## **Enjoyment**

1. Definition: The state or process of taking pleasure in something.
2. Obituary example: "He lived life to the fullest, finding joy and enjoyment in every day."
3. Daily actions:
  - Make time for activities you love
  - Practice mindfulness to fully experience positive moments
  - Seek out new experiences that bring you joy

## **Environment**

1. Definition: Caring for and protecting the natural world.
2. Obituary example: "Her lifelong dedication to environmental conservation left the world a greener, cleaner place."
3. Daily actions:
  - Reduce, reuse, and recycle in your daily life
  - Support environmentally friendly businesses and initiatives
  - Educate others about environmental issues

## **Efficiency**

1. Definition: Achieving maximum productivity with minimum wasted effort or expense.
2. Obituary example: "Her efficiency in managing complex projects was legendary, allowing her to achieve remarkable results."
3. Daily actions:
  - Prioritize tasks and manage time effectively
  - Look for ways to streamline processes

- Use tools and technology to increase productivity

## **Equality**

1. Definition: The state of being equal, especially in status, rights, and opportunities.
2. Obituary example: "His tireless work for equality opened doors for many who had been previously marginalized."
3. Daily actions:
  - Treat everyone with equal respect regardless of their background
  - Speak up against discrimination
  - Support initiatives that promote equal opportunities

## **Ethics**

1. Definition: Moral principles that govern a person's behavior or the conducting of an activity.
2. Obituary example: "Her unwavering ethical standards set a benchmark in her industry and inspired those around her."
3. Daily actions:
  - Make decisions based on moral principles, not just personal gain
  - Be honest in all your dealings
  - Stand up for what's right, even when it's difficult

## **Excellence**

1. Definition: The quality of being outstanding or extremely good at something.
2. Obituary example: "His pursuit of excellence in his craft pushed the boundaries of what was thought possible."
3. Daily actions:
  - Set high standards for yourself in all that you do
  - Continuously work to improve your skills
  - Seek out and learn from those who excel in your areas of interest

## **Fairness**

1. Definition: Impartial and just treatment or behavior without favoritism or discrimination.
2. Obituary example: "Her commitment to fairness made her a respected leader and mediator in her community."
3. Daily actions:
  - Treat others equally and without bias (gender, race, status, religion, etc.)
  - Consider all sides of an issue before making judgments
  - Advocate for fair treatment of others
  - Don't let feelings introduce bias about others

## **Faith**

1. Definition: Strong belief in God or in the doctrines of a religion.

2. Obituary example: "His deep faith guided his actions and brought comfort to many in times of need."
3. Daily actions:
  - Practice your religious or spiritual beliefs regularly
  - Act in accordance with your faith's teachings
  - Respect others' beliefs while staying true to your own

## **Fame**

1. Definition: The state of being known or recognized by many people.
2. Obituary example: "While he achieved fame through his work, he remained grounded and used his platform to advocate for important causes."
3. Daily actions:
  - Develop your talents and skills
  - Share your work or ideas with a wider audience
  - Use any influence you gain responsibly

## **Family**

1. Definition: Valuing and prioritizing family relationships.
2. Obituary example: "Her devotion to her family created a legacy of love and strong bonds that will last for generations."
3. Daily actions:
  - Spend quality time with family members
  - Communicate openly and honestly with family
  - Support family members through good times and bad

## **Fighter Mentality**

1. Definition: The attitude of persevering and pushing through challenges with determination.
2. Obituary example: "His fighter mentality in the face of adversity inspired many to overcome their own obstacles."
3. Daily actions:
  - Face challenges head-on
  - Maintain a positive attitude in difficult situations
  - Encourage others to persevere

## **Financial stability**

1. Definition: Having a reliable income and savings to meet one's needs and weather financial challenges.
2. Obituary example: "His financial prudence ensured his family's security and allowed him to generously support causes he believed in."
3. Daily actions:
  - Create and stick to a budget
  - Save regularly for short-term and long-term goals
  - Educate yourself about personal finance and investing

## **Fitness**

1. Definition: The condition of being physically fit and healthy.
2. Obituary example: "His commitment to fitness inspired many to lead healthier, more active lives."
3. Daily actions:
  - Exercise regularly
  - Maintain a balanced, nutritious diet
  - Prioritize adequate sleep and recovery

## **Flexibility**

1. Definition: The quality of bending easily without breaking; willingness to change or compromise.
2. Obituary example: "Her flexibility in both thought and action allowed her to navigate life's challenges with grace."
3. Daily actions:
  - Be open to changing plans when necessary
  - Consider alternative viewpoints
  - Adapt to new situations willingly

## **Forgiveness**

1. Definition: The action or process of forgiving or being forgiven; practicing mercy and accepting others' shortcomings.
2. Obituary example: "His capacity for forgiveness healed rifts and fostered reconciliation in his community."
3. Daily actions:
  - Let go of grudges and resentments
  - Practice empathy towards those who have wronged you
  - Apologize sincerely when you've made mistakes
  - Give people a second chance

## **Foundation**

1. Definition: An underlying basis or principle.
2. Obituary example: "The strong foundation of values she instilled in her family continued to guide generations after her."
3. Daily actions:
  - Identify and reinforce your core values
  - Build strong, supportive relationships
  - Continuously educate yourself on fundamental skills and knowledge

## **Freedom**

1. Definition: The power or right to act, speak, or think as one wants without hindrance or restraint.
2. Obituary example: "She championed freedom in all its forms, fighting tirelessly for the rights of others."

3. Daily actions:
  - Identify and reinforce your core values
  - Build strong, supportive relationships
  - Continuously educate yourself on fundamental skills and knowledge

## **Friendship**

1. Definition: A relationship of mutual affection between people.
2. Obituary example: "His gift for friendship enriched countless lives, creating a network of deep and lasting connections."
3. Daily actions:
  - Reach out to friends regularly
  - Be there for friends in times of need
  - Cultivate new friendships while nurturing existing ones

## **Frugality**

1. Definition: Being economical with money or resources.
2. Obituary example: "Her frugal lifestyle allowed her to achieve financial independence and generously support causes she believed in."
3. Daily actions:
  - Make thoughtful purchasing decisions
  - Find creative ways to save money
  - Avoid unnecessary expenditures

## **Fun**

1. Definition: Enjoyment, amusement, or lighthearted pleasure.
2. Obituary example: "He brought fun and laughter wherever he went, brightening the lives of all around him."
3. Daily actions:
  - Make time for activities you enjoy
  - Seek out opportunities for laughter and play
  - Balance work and responsibilities with leisure

## **Future generations**

1. Definition: Considering the impact of current actions on those who will live after us.
2. Obituary example: "Her dedication to sustainability ensured a better world for future generations."
3. Daily actions:
  - Make environmentally conscious choices
  - Support long-term, sustainable initiatives
  - Teach younger generations about responsibility and stewardship

## **Generosity**

1. Definition: The quality of being kind and generous.

2. Obituary example: "His generosity knew no bounds, always ready to share his time, resources, and knowledge with others."
3. Daily actions:
  - Donate to causes you care about
  - Offer help without expecting anything in return
  - Share your skills and knowledge freely

## **Giving back**

1. Definition: Contributing to society or community in return for perceived benefits.
2. Obituary example: "She dedicated her life to giving back to her community, leaving it a better place than she found it."
3. Daily actions:
  - Volunteer regularly
  - Mentor others
  - Participate in community service projects

## **Grace**

1. Definition: Smoothness and elegance of movement; courteous goodwill.
2. Obituary example: "She moved through life with grace, handling both triumphs and challenges with poise and kindness."
3. Daily actions:
  - Respond to difficulties with calm and composure
  - Treat others with kindness, even in disagreements
  - Accept compliments and criticism gracefully

## **Gratitude**

1. Definition: The quality of being thankful for the good; readiness to show appreciation.
2. Obituary example: "His practice of gratitude touched all who knew him, reminding us to appreciate life's blessings."
3. Daily actions:
  - Keep a gratitude journal
  - Express thanks to others regularly
  - Appreciate small, everyday moments

## **Growth**

1. Definition: The process of developing physically, mentally, or spiritually.
2. Obituary example: "Her commitment to personal growth inspired others to continually learn and evolve."
3. Daily actions:
  - Set personal development goals
  - Seek out new learning opportunities
  - Reflect on experiences and learn from them

## **Hard work**

1. Definition: A great deal of effort or endurance.
2. Obituary example: "His tireless work ethic and dedication led to remarkable achievements in his field."
3. Daily actions:
  - Put in consistent effort towards your goals
  - Take on challenging tasks willingly
  - Maintain focus and perseverance in the face of difficulties

## **Harmony**

1. Definition: A state of peaceful existence and agreement.
2. Obituary example: "She had a gift for creating harmony, bringing people together and resolving conflicts."
3. Daily actions:
  - Seek common ground in disagreements
  - Practice active listening and empathy
  - Strive for balance in various aspects of life

## **Health**

1. Definition: The state of being free from illness or injury; a person's mental or physical condition.
2. Obituary example: "His dedication to health inspired many to adopt healthier lifestyles."
3. Daily actions:
  - Exercise regularly
  - Maintain a balanced diet
  - Prioritize mental health through stress management techniques

## **Helping others**

1. Definition: Providing assistance or support to those in need.
2. Obituary example: "Her life was dedicated to helping others, leaving a legacy of compassion and service."
3. Daily actions:
  - Volunteer in your community
  - Offer support to friends and family in need
  - Look for opportunities to assist others in daily life

## **Home**

1. Definition: The place where one lives permanently, especially as a member of a family or household.
2. Obituary example: "He created a warm and welcoming home that became a haven for family and friends alike."
3. Daily actions:
  - Create a comfortable living space
  - Foster a positive atmosphere at home



- Spend quality time with family or housemates

## **Honesty**

1. Definition: The quality of being truthful, sincere, and authentic.
2. Obituary example: "Her unwavering honesty earned her the trust and respect of all who knew her."
3. Daily actions:
  - Tell the truth, even when it's difficult
  - Admit mistakes and take responsibility for actions
  - Be transparent in personal and professional relationships

## **Honor**

1. Definition: High respect; great esteem.
2. Obituary example: "She lived her life with honor, always staying true to her principles and treating others with dignity."
3. Daily actions:
  - Keep your promises and commitments
  - Stand up for your beliefs and values
  - Recognize and appreciate honorable behavior in others

## **Hope**

1. Definition: A feeling of expectation and desire for good things to happen in the future; optimistic.
2. Obituary example: "He was a beacon of hope, inspiring others to persevere through difficult times."
3. Daily actions:
  - Maintain a positive outlook
  - Set and work towards goals
  - Encourage others who are struggling

## **Humility**

1. Definition: The quality of displaying a modest view of one's importance relative to others. Embracing a servant mentality.
2. Obituary example: "Despite his many achievements, he remained humble, always eager to learn from others."
3. Daily actions:
  - Acknowledge your limitations and mistakes
  - Give credit to others for their contributions
  - Find ways to uplift and build up others
  - Avoid being the center of attention. Instead let your accomplishments speak for themselves
  - Look for ways to serve others

## **Humor**

1. Definition: The quality of being amusing or playful.
2. Obituary example: "His quick wit and sense of humor brought joy and laughter to all who knew him."
3. Daily actions:
  - Find humor in everyday situations
  - Bring smiles to others by sharing jokes and funny stories
  - Be lighthearted
  - Use humor to lighten tense situations appropriately

## **Inclusion**

1. Definition: The practice or policy of providing equal access to opportunities and resources for people who might otherwise be excluded or marginalized.
2. Obituary example: "Her commitment to inclusion created a diverse and welcoming environment in every organization she was part of."
3. Daily actions:
  - Actively include others in conversations and activities
  - Speak up against exclusionary practices
  - Seek out diverse perspectives and experiences

## **Independence**

1. Definition: Freedom from the control, influence, support, aid, or the like, of others.
2. Obituary example: "Her fierce independence allowed her to forge her own path and achieve remarkable success."
3. Daily actions:
  - Take responsibility for your own decisions and actions
  - Develop self-reliance in daily tasks
  - Form and express your own opinions

## **Innovation**

1. Definition: The introduction of new ideas, methods, or things.
2. Obituary example: "His innovative thinking revolutionized his industry and inspired a new generation of creators."
3. Daily actions:
  - Think creatively about problems and solutions
  - Stay curious and open to new ideas
  - Experiment with different approaches to tasks

## **Initiative**

1. Definition: The ability to assess and initiate things independently.
2. Obituary example: "Her strong sense of initiative led to numerous successful projects and inspired others to take action."
3. Daily actions:
  - Take the first step in starting projects or solving problems
  - Offer ideas and suggestions proactively

- Look for opportunities to improve situations without being asked

## **Integrity**

1. Definition: The quality of being honest and having strong moral principles; acting in alignment with them.
2. Obituary example: "His unwavering integrity made him a trusted leader and role model in his community."
3. Daily actions:
  - Keep your promises and commitments
  - Stand up for your beliefs and values even when it's difficult
  - Be consistent in your words and actions
  - Stay true to your values

## **Intuition**

1. Definition: The ability to understand something immediately, without the need for conscious reasoning.
2. Obituary example: "Her keen intuition guided her through complex decisions and helped her navigate challenging situations."
3. Daily actions:
  - Pay attention to your gut feelings
  - Reflect on past experiences to sharpen your intuition
  - Balance intuition with logical reasoning in decision-making

## **Job security**

1. Definition: The assurance that one will keep their job without the risk of becoming unemployed.
2. Obituary example: "His dedication to his craft and continuous learning ensured his job security throughout his career."
3. Daily actions:
  - Continuously update and improve your skills
  - Build strong professional relationships
  - Stay informed about industry trends and changes

## **Joy**

1. Definition: A feeling of great pleasure and happiness.
2. Obituary example: "She radiated joy in all aspects of her life, uplifting those around her with her positive spirit."
3. Daily actions:
  - Practice gratitude for the good things in your life
  - Engage in activities that bring you happiness
  - Share your joy with others through kind words and actions

## **Judgement**

1. Definition: The ability to make considered decisions or come to sensible conclusions.

2. Obituary example: "His sound judgment in both personal and professional matters made him a trusted advisor and respected leader."
3. Daily actions:
  - Gather information before making decisions
  - Consider the long-term consequences of your choices
  - Seek advice from trusted sources when faced with difficult decisions

## **Justice**

1. Definition: Just behavior or treatment; the quality of being fair and reasonable.
2. Obituary example: "His lifelong pursuit of justice made a significant impact on the legal system and improved countless lives."
3. Daily actions:
  - Stand up for what's right, even when it's difficult
  - Treat others fairly and without prejudice
  - Support organizations working towards social justice

## **Keeping promises**

1. Definition: Following through on commitments made to others or oneself.
2. Obituary example: "He was known for always keeping his promises, building trust and respect in all his relationships."
3. Daily actions:
  - Think carefully before making commitments
  - Follow through on what you say you'll do
  - Communicate clearly if circumstances prevent you from keeping a promise

## **Kindness**

1. Definition: The quality of being friendly, generous, nurturing, caring, and considerate.
2. Obituary example: "Her kindness touched countless lives, creating a ripple effect of compassion in her community."
3. Daily actions:
  - Perform random acts of kindness
  - Offer words of encouragement to others
  - Be patient and understanding with others' mistakes

## **Knowledge**

1. Definition: Facts, information, and skills acquired through experience or education.
2. Obituary example: "His thirst for knowledge led him to become a respected expert in his field and a mentor to many."
3. Daily actions:
  - Read regularly on various topics
  - Seek out learning opportunities in your daily life
  - Share your knowledge with others

## **Leadership**

1. Definition: The action of inspiring and guiding a group of people toward a common goal; influencing others.
2. Obituary example: "Her inspiring leadership transformed her organization and empowered countless individuals to reach their potential."
3. Daily actions:
  - Take initiative in group projects and activities
  - Mentor and support others in their growth
  - Lead by example in your actions and decisions

## **Learning**

1. Definition: The love and desire to systematically acquire knowledge or master new skills through study, experience, or being taught.
2. Obituary example: "His lifelong commitment to learning kept him curious and engaged well into his later years."
3. Daily actions:
  - Set aside time each day for learning something new
  - Seek out diverse experiences and perspectives
  - Reflect on your experiences to extract lessons

## **Legacy**

1. Definition: Something handed down from an ancestor or predecessor.
2. Obituary example: "The legacy of compassion and innovation she left behind continues to inspire future generations."
3. Daily actions:
  - Consider the long-term impact of your actions
  - Mentor others and share your knowledge
  - Work towards goals that will benefit others beyond your lifetime

## **Leisure**

1. Definition: Time when one is not working or occupied; free time.
2. Obituary example: "He understood the importance of leisure, using his free time to pursue passions that enriched his life and others'."
3. Daily actions:
  - Make time for hobbies and relaxation
  - Balance work and leisure effectively
  - Use leisure time for personal growth and rejuvenation

## **Love**

1. Definition: An intense feeling of deep affection. Acts that demonstrate the value placed in relationships.
2. Obituary example: "Her capacity for love knew no bounds, touching the lives of family, friends, and even strangers with her warmth and compassion."
3. Daily actions:
  - Express affection to loved ones regularly

- Practice being warm and genuine with everyone
- Show love through acts of kindness and support

## **Loyalty**

1. Definition: The quality of being faithful to someone or something.
2. Obituary example: "His unwavering loyalty to his friends, family, and principles was a cornerstone of his character."
3. Daily actions:
  - Stand by your friends and family in tough times
  - Remain committed to your values and beliefs
  - Honor your commitments and promises

## **Making a difference**

1. Definition: Having a significant positive impact on someone or something.
2. Obituary example: "Through her tireless efforts, she made a lasting difference in her community, improving countless lives."
3. Daily actions:
  - Volunteer for causes you care about
  - Look for opportunities to help others in your daily life
  - Use your skills and resources to contribute to positive change

## **Making Memories**

1. Definition: The act of creating experiences that will be remembered fondly.
2. Obituary example: "She had a knack for making memories, turning ordinary moments into cherished experiences for her family and friends."
3. Daily actions:
  - Plan special activities with loved ones
  - Document important moments through photos or journaling
  - Be fully present in meaningful experiences

## **Meaningful impact on others**

1. Definition: Creating significant positive changes in the lives of other people.
2. Obituary example: "His work had a meaningful impact on others, inspiring and empowering people to overcome challenges and achieve their dreams."
3. Daily actions:
  - Mentor others in your areas of expertise
  - Offer sincere encouragement and support
  - Share your experiences to help others learn and grow

## **Mental well-being**

1. Definition: A state of well-being in which an individual realizes their own abilities, can cope with normal stresses of life, can work productively, and is able to contribute to their community.

2. Obituary example: "She was a strong advocate for mental well-being, breaking down stigmas and supporting others in their journey to emotional health."
3. Daily actions:
  - Practice mindfulness or meditation regularly
  - Seek help when facing emotional challenges
  - Maintain a healthy work-life balance

## **Money**

1. Definition: A medium of exchange in the form of coins and banknotes.
2. Obituary example: "While successful in his financial pursuits, he viewed money as a tool for creating positive change rather than an end in itself."
3. Daily actions:
  - Create and stick to a budget
  - Invest wisely for long-term financial health
  - Use money as a means to achieve goals and help others

## **Nature**

1. Definition: The physical world and its phenomena, including plants, animals, and landscapes.
2. Obituary example: "Her deep connection with nature inspired her to become a passionate advocate for environmental conservation."
3. Daily actions:
  - Spend time outdoors regularly
  - Practice environmentally friendly habits
  - Support conservation efforts

## **Openness**

1. Definition: The quality of being honest and transparent; receptiveness to new ideas.
2. Obituary example: "His openness to new ideas and experiences enriched his life and inspired others to embrace diversity."
3. Daily actions:
  - Listen to others' perspectives without judgment
  - Try new experiences and activities
  - Share your thoughts and feelings honestly with others

## **Optimism**

1. Definition: Hopefulness and confidence about the future or the success of something.
2. Obituary example: "Her unwavering optimism in the face of challenges inspired those around her to persevere and find silver linings."
3. Daily actions:
  - Look for positive aspects in difficult situations
  - Encourage others when they face setbacks
  - Set and work towards goals with a positive attitude

## **Order**

1. Definition: The arrangement or disposition of people or things in relation to each other according to a particular sequence, pattern, or method.
2. Obituary example: "His love for order and structure allowed him to manage complex projects efficiently and effectively."
3. Daily actions:
  - Keep your living and working spaces organized
  - Create and follow routines for daily tasks
  - Plan and prioritize activities effectively

## **Parenting**

1. Definition: The process of promoting and supporting the physical, emotional, social, and intellectual development of a child from infancy to adulthood.
2. Obituary example: "Her dedication to parenting created a nurturing environment where her children flourished and grew into compassionate adults."
3. Daily actions:
  - Spend quality time with your children
  - Provide consistent love and support
  - Model the values and behaviors you want to instill

## **Patience**

1. Definition: The capacity to accept or tolerate delay, problems, or suffering without becoming annoyed, angry or anxious.
2. Obituary example: "His remarkable patience allowed him to persevere through challenges and mentor others with compassion."
3. Daily actions:
  - Apply deep breathing techniques when feeling frustrated
  - Set realistic expectations for yourself and others
  - View setbacks as opportunities for growth rather than failures
  - Practice empathy when things don't go as planned

## **Patriotism**

1. Definition: Devotion to and vigorous support for one's country.
2. Obituary example: "His patriotism was reflected in his lifelong commitment to public service and community improvement."
3. Daily actions:
  - Stay informed about national issues
  - Participate in civic duties like voting
  - Contribute to your local community

## **Peace**

1. Definition: Freedom from disturbance; tranquility.
2. Obituary example: "She dedicated her life to promoting peace, fostering understanding between diverse groups."



### 3. Daily actions:

- Practice conflict resolution in your relationships
- Promote understanding and respect for different viewpoints
- Engage in activities that bring inner peace, like meditation

## **Perseverance**

1. Definition: Persistence in doing something despite difficulty or delay in achieving success.
2. Obituary example: "His unwavering perseverance in the face of adversity led to groundbreaking discoveries in his field."
3. Daily actions:
  - Set long-term goals and work consistently towards them
  - Learn from failures and setbacks
  - Maintain a positive attitude during challenging times
  - Finish what you start

## **Personal fulfillment**

1. Definition: The achievement of one's aspirations or desires.
2. Obituary example: "She lived a life of personal fulfillment, pursuing her passions and inspiring others to do the same."
3. Daily actions:
  - Identify and pursue activities that bring you joy
  - Set and work towards personal goals
  - Regularly reflect on your life satisfaction and make adjustments

## **Personal growth**

1. Definition: The ongoing process of understanding and developing oneself.
2. Obituary example: "His commitment to personal growth led him to continuously learn, adapt, and evolve throughout his life."
3. Daily actions:
  - Seek out new learning opportunities
  - Reflect on your experiences and learn from them
  - Step out of your comfort zone regularly

## **Perspective**

1. Definition: A particular attitude toward or way of regarding something; a point of view.
2. Obituary example: "His ability to see situations from multiple perspectives made him an invaluable mediator and problem-solver."
3. Daily actions:
  - Seek to understand others' viewpoints
  - Consider the broader context of situations
  - Reflect on your own biases and assumptions

## **Physical well-being**

1. Definition: The state of being comfortable, healthy, or happy in one's body.
2. Obituary example: "Her dedication to physical well-being inspired many to adopt healthier lifestyles."
3. Daily actions:
  - Exercise regularly
  - Maintain a balanced, nutritious diet
  - Get adequate sleep and rest

## **Positivity**

1. Definition: The practice of being or tendency to be positive or optimistic in attitude.
2. Obituary example: "His infectious positivity lifted the spirits of all who knew him, even in the most challenging times."
3. Daily actions:
  - Practice gratitude daily
  - Look for the good in difficult situations
  - Spread positivity through kind words and actions

## **Power**

1. Definition: The capacity or ability to direct or influence the behavior of others or the course of events.
2. Obituary example: "She used her power responsibly, influencing positive change in her industry and community."
3. Daily actions:
  - Develop your skills and knowledge to increase your influence
  - Use any authority you have to help and uplift others
  - Be aware of the impact your words and actions have on others

## **Pride**

1. Definition: A feeling of deep pleasure or satisfaction derived from one's own achievements, qualities, or possessions.
2. Obituary example: "He took great pride in his work, always striving for excellence and inspiring others to do the same."
3. Daily actions:
  - Celebrate your accomplishments, big and small
  - Take care in your work and personal presentation
  - Acknowledge and appreciate the achievements of others

## **Productivity**

1. Definition: The effectiveness of productive effort, especially in industry, as measured in terms of the rate of output per unit of input.
2. Obituary example: "Her remarkable productivity and efficiency led to numerous innovations that transformed her field."
3. Daily actions:
  - Set clear goals and prioritize tasks

- Use time management techniques
- Regularly evaluate and improve your work processes

## **Prudence**

1. Definition: Acting with or showing care and thought for the future.
2. Obituary example: "Her prudent decision-making ensured financial security for her family and set an example of responsible planning."
3. Daily actions:
  - Think through the consequences of your actions
  - Save and plan for the future
  - Make informed decisions based on careful consideration

## **Recognition**

1. Definition: Appreciation or acclaim for an achievement, service, or ability.
2. Obituary example: "Though he never sought the spotlight, his contributions earned him widespread recognition in his field."
3. Daily actions:
  - Acknowledge and appreciate others' efforts and achievements
  - Set goals and work towards achievements in your areas of interest
  - Accept compliments graciously

## **Relationships**

1. Definition: The way in which two or more people or things are connected, or the state of being connected.
2. Obituary example: "She valued relationships above all else, fostering deep connections that enriched her life and the lives of others."
3. Daily actions:
  - Invest time and effort in nurturing your relationships
  - Communicate openly and honestly with others
  - Show appreciation for the people in your life

## **Reliability**

1. Definition: The quality of being trustworthy or of performing consistently well.
2. Obituary example: "His unwavering reliability made him a cornerstone of his community and a trusted friend to many."
3. Daily actions:
  - Follow through on your commitments
  - Be punctual for appointments and deadlines
  - Communicate clearly if you're unable to meet an obligation

## **Resilience**

1. Definition: The capacity to recover quickly from difficulties; toughness.
2. Obituary example: "Her remarkable resilience in the face of adversity inspired all who knew her to persevere through their own challenges."

3. Daily actions:
  - View setbacks as opportunities for growth
  - Develop coping strategies for stress
  - Build a strong support network

### **Resourcefulness**

1. Definition: The ability to find quick and clever ways to overcome difficulties.
2. Obituary example: "His resourcefulness led to innovative solutions in even the most challenging situations."
3. Daily actions:
  - Look for creative solutions to problems
  - Learn to use available resources effectively
  - Develop a diverse skill set to tackle various challenges

### **Respect**

1. Definition: Due regard for the feelings, wishes, rights, or traditions of others.
2. Obituary example: "She lived her life with deep respect for others, fostering understanding and harmony in her diverse community."
3. Daily actions:
  - Treat others with kindness and consideration
  - Listen actively to others' perspectives
  - Honor others' boundaries and traditions

### **Responsibility**

1. Definition: The state or fact of having a duty to deal with something or of having control over someone.
2. Obituary example: "His strong sense of responsibility drove him to make positive changes in his community and inspire others to do the same."
3. Daily actions:
  - Take ownership of your tasks and commitments
  - Consider the consequences of your actions
  - Step up to help when you see a need

### **Risk-taking**

1. Definition: The practice of undertaking actions that have uncertain outcomes.
2. Obituary example: "Her calculated risk-taking led to groundbreaking innovations that revolutionized her industry."
3. Daily actions:
  - Step out of your comfort zone regularly
  - Weigh potential benefits against risks before making decisions
  - Learn from both successes and failures in risk-taking

### **Safety**

1. Definition: The condition of being protected from or unlikely to cause danger, risk, or injury.
2. Obituary example: "His commitment to safety in the workplace saved countless lives and set new industry standards."
3. Daily actions:
  - Follow safety guidelines in all activities
  - Be aware of your surroundings
  - Speak up when you notice unsafe conditions

## **Security**

1. Definition: The state of being free from danger or threat.
2. Obituary example: "She worked tirelessly to ensure the security of her family and community, creating a safe haven for all."
3. Daily actions:
  - Take precautions to protect yourself and your belongings
  - Build financial security through saving and wise investments
  - Create and maintain a stable, supportive environment

## **Seek Respect**

1. Definition: The act of striving to be esteemed by others.
2. Obituary example: "Through his actions and integrity, he earned the deep respect of both allies and opponents."
3. Daily actions:
  - Act with integrity in all situations
  - Treat others with respect
  - Take responsibility for your actions and words

## **Self-compassion**

1. Definition: Extending compassion to oneself in instances of perceived inadequacy, failure, or general suffering.
2. Obituary example: "Her practice of self-compassion not only enriched her own life but taught others the importance of being kind to oneself."
3. Daily actions:
  - Treat yourself with the same kindness you'd offer a friend
  - Acknowledge that everyone makes mistakes and faces challenges
  - Practice positive self-talk

## **Self-Regulation**

1. Definition: The ability to manage one's emotions, behavior, and desires in the face of external demands.
2. Obituary example: "His remarkable self-regulation allowed him to maintain composure and make wise decisions even in high-pressure situations."
3. Daily actions:
  - Practice mindfulness or meditation

- Set and stick to personal boundaries
  - Monitor and adjust your behavior to align with your goals
- Resist immediate gratification in favor of long-term benefits

### **Self-expression**

1. Definition: The expression of one's feelings, thoughts, or ideas, especially in writing, art, music, or dance.
2. Obituary example: "Through her art, she found powerful self-expression, touching hearts and inspiring others to share their unique voices."
3. Daily actions:
  - Engage in creative activities regularly
  - Share your thoughts and feelings openly with trusted others
  - Explore different forms of self-expression to find what resonates with you

### **Self-improvement**

1. Definition: The improvement of one's knowledge, status, or character by one's own efforts.
2. Obituary example: "His lifelong dedication to self-improvement led him to continually learn, grow, and inspire others to do the same."
3. Daily actions:
  - Set personal development goals
  - Seek feedback and act on it
  - Read books or take courses to expand your knowledge and skills

### **Self-respect**

1. Definition: Pride and confidence in oneself; a feeling that one is behaving with honor and dignity.
2. Obituary example: "His unwavering self-respect guided him to live with integrity and inspire others to value themselves."
3. Daily actions:
  - Set and maintain healthy boundaries in relationships
  - Make choices that align with your values
  - Treat yourself with kindness and respect

### **Serenity**

1. Definition: The state of being calm, peaceful, and untroubled.
2. Obituary example: "She radiated serenity, bringing a sense of peace to all who knew her, even in the most turbulent times."
3. Daily actions:
  - Practice mindfulness or meditation
  - Create a calm and orderly environment
  - Let go of things beyond your control

### **Service**

1. Definition: The action of helping or doing work for someone.
2. Obituary example: "His life was defined by service to others, leaving a legacy of compassion and community improvement."
3. Daily actions:
  - Volunteer regularly in your community
  - Look for ways to help others in your daily life
  - Use your skills and talents to benefit others

## **Simplicity**

1. Definition: The quality or condition of being easy to understand or do.
2. Obituary example: "She embraced simplicity in all aspects of her life, finding joy in the essentials and inspiring others to do the same."
3. Daily actions:
  - Declutter your physical space regularly
  - Prioritize what's truly important in your life
  - Seek simple solutions to complex problems

## **Spirituality**

1. Definition: The quality of being concerned with the human spirit or soul as opposed to material or physical things.
2. Obituary example: "His deep spirituality guided his actions and brought comfort and inspiration to many."
3. Daily actions:
  - Practice meditation or prayer
  - Explore philosophical or spiritual texts
  - Seek meaning and purpose in your daily experiences

## **Sportsmanship**

1. Definition: Fair and generous behavior or treatment of others, especially in a sports contest.
2. Obituary example: "His exemplary sportsmanship on and off the field inspired teammates and opponents alike."
3. Daily actions:
  - Treat competitors with respect
  - Accept both victory and defeat graciously
  - Support and encourage teammates

## **Stewardship**

1. Definition: The responsible overseeing and protection of something considered worth caring for and preserving.
2. Obituary example: "Her commitment to environmental stewardship left a lasting impact on conservation efforts in her region."
3. Daily actions:
  - Practice responsible consumption and waste management

- Care for shared resources in your community
- Educate others about the importance of stewardship

## **Structure**

1. Definition: The arrangement of and relations between the parts or elements of something complex.
2. Obituary example: "The structure she brought to her work and personal life allowed her to achieve great things while maintaining balance."
3. Daily actions:
  - Create and follow routines
  - Organize your living and working spaces
  - Break large tasks into smaller, manageable steps

## **Success**

1. Definition: The accomplishment of an aim or purpose.
2. Obituary example: "His definition of success went beyond personal achievements, focusing on the positive impact he had on others' lives."
3. Daily actions:
  - Set clear, achievable goals
  - Celebrate small wins along the way to bigger accomplishments
  - Redefine success to include personal growth and positive impact on others

## **Support others**

1. Definition: To give assistance, encouragement, or approval to someone.
2. Obituary example: "Her unwavering support of others created a network of empowered individuals who went on to achieve great things."
3. Daily actions:
  - Offer encouragement to friends and family
  - Volunteer or mentor in your community
  - Listen actively when others need to talk

## **Teamwork**

1. Definition: The combined action of a group, especially when effective and efficient.
2. Obituary example: "His ability to foster teamwork led to remarkable achievements and created a positive, collaborative work environment."
3. Daily actions:
  - Be a team player by actively collaborating in group projects
  - Recognize and appreciate others' contributions
  - Communicate effectively with team members

## **Technology**

1. Definition: The application of scientific knowledge for practical purposes, especially in industry.



2. Obituary example: "His innovative use of technology improved countless lives and paved the way for future advancements."
3. Daily actions:
  - Stay informed about technological advancements
  - Use technology ethically and responsibly
  - Explore how technology can solve problems or improve processes

## **Thrift**

1. Definition: The quality of using money and other resources carefully and not wastefully.
2. Obituary example: "Her thrifty lifestyle allowed her to achieve financial independence and generously support causes she believed in."
3. Daily actions:
  - Make thoughtful purchasing decisions
  - Find creative ways to reuse or repurpose items
  - Save regularly and avoid unnecessary expenses

## **Time**

1. Definition: The indefinite continued progress of existence and events in the past, present, and future regarded as a whole.
2. Obituary example: "He valued time as life's most precious resource, using it wisely to pursue his passions and nurture relationships."
3. Daily actions:
  - Prioritize tasks and manage your time effectively
  - Be punctual and respect others' time
  - Make time for what truly matters to you

## **Tradition**

1. Definition: The transmission of customs or beliefs from generation to generation.
2. Obituary example: "She was a keeper of family traditions, passing down rich cultural heritage to future generations."
3. Daily actions:
  - Participate in and preserve meaningful family or cultural traditions
  - Learn about the history behind your traditions
  - Create new traditions that align with your values

## **Travel**

1. Definition: The action of traveling, typically abroad.
2. Obituary example: "His passion for travel broadened his perspectives and fostered cross-cultural understanding wherever he went."
3. Daily actions:
  - Plan and save for trips
  - Learn about different cultures and places
  - Embrace new experiences, even in your local area

## **Trust**

1. Definition: Firm belief in the reliability, truth, ability, or strength of someone or something.
2. Obituary example: "His unwavering trustworthiness made him a pillar of strength for family, friends, and colleagues alike."
3. Daily actions:
  - Keep your promises and commitments
  - Be honest in your words and actions
  - Give others the benefit of the doubt

## **Truth**

1. Definition: The quality or state of being true.
2. Obituary example: "Her relentless pursuit of truth in journalism brought important issues to light and inspired positive change."
3. Daily actions:
  - Be honest in your interactions with others
  - Seek out factual information from reliable sources
  - Stand up for the truth, even when it's difficult

## **Understanding**

1. Definition: The ability to understand something; comprehension.
2. Obituary example: "His deep understanding of human nature allowed him to bridge divides and foster empathy in his community."
3. Daily actions:
  - Listen actively to others without judgment
  - Seek to understand different perspectives
  - Ask questions to deepen your understanding of complex issues

## **Uniqueness**

1. Definition: The quality of being unlike anything else.
2. Obituary example: "She celebrated her uniqueness, inspiring others to embrace their individual qualities and talents."
3. Daily actions:
  - Embrace your distinctive traits and talents
  - Encourage others to express their individuality
  - Seek out and appreciate diversity in all forms

## **Unity**

1. Definition: The state of being united or joined as a whole.
2. Obituary example: "Her ability to foster unity brought diverse groups together, creating a stronger and more harmonious community."
3. Daily actions:
  - Look for common ground in disagreements
  - Participate in community-building activities

- Promote inclusivity and collaboration in groups

## **Usefulness**

1. Definition: The quality of having utility and especially practical worth or applicability.
2. Obituary example: "He lived a life of usefulness, always ready to lend a hand or share his skills to benefit others."
3. Daily actions:
  - Offer your skills or knowledge to help others
  - Look for ways to add value in your workplace or community
  - Develop practical skills that can benefit yourself and others

## **Vision**

1. Definition: The ability to think about or plan the future with imagination or wisdom.
2. Obituary example: "Her visionary leadership transformed the organization and inspired a new generation of innovators."
3. Daily actions:
  - Set long-term goals and create plans to achieve them
  - Think creatively about solutions to problems
  - Share your ideas and inspire others to think big

## **Vulnerability**

1. Definition: The quality or state of being exposed to the possibility of being attacked or harmed, either physically or emotionally.
2. Obituary example: "His willingness to be vulnerable in his art and relationships created deep connections and inspired authenticity in others."
3. Daily actions:
  - Share your true thoughts and feelings with trusted others
  - Admit when you don't know something or need help
  - Accept and learn from constructive criticism

## **Wealth**

1. Definition: An abundance of valuable possessions or money.
2. Obituary example: "While he accumulated significant wealth, his true legacy was how he used it to improve the lives of others."
3. Daily actions:
  - Make informed financial decisions
  - Invest in your education and personal growth
  - Use your resources to support causes you believe in

## **Well-being**

1. Definition: The state of being comfortable, healthy, or happy.
2. Obituary example: "She dedicated her life to promoting holistic well-being, inspiring others to care for their physical, mental, and emotional health."
3. Daily actions:

- Practice self-care regularly
- Maintain a balance between work and personal life
- Support the well-being of others in your community

## **Wholeheartedness**

1. Definition: The quality of being completely and sincerely devoted, determined, or enthusiastic.
2. Obituary example: "His wholehearted approach to life inspired those around him to pursue their passions with equal fervor."
3. Daily actions:
  - Fully commit to your chosen activities and relationships
  - Express your emotions and thoughts honestly
  - Approach challenges with determination and enthusiasm

## **Wisdom**

1. Definition: The quality of having experience, knowledge, and good judgment.
2. Obituary example: "Her wisdom, gained through years of experience and reflection, guided many and left a lasting impact on her community."
3. Daily actions:
  - Reflect on your experiences and learn from them
  - Seek advice from those with more experience
  - Share your insights to help others

## **Zest**

1. Definition: Great enthusiasm and energy.
2. Obituary example: "His zest for life was contagious, encouraging others to live fully and embrace new challenges."
3. Daily actions:
  - Engage in activities that energize you
  - Approach challenges as opportunities for growth
  - Express your excitement and passion openly