

**Sample Core Values**

Authenticity	Love	Contempt
Bravery	Nurturing	Cruelty
Commitment	Open-mindedness	Cynicism
Community	Passion	Death
Connection	Patience	Dishonesty
Creativity	Peace	Disgust
Diversity	Persistence	Fear
Equality	Positivity	Frivolity
Fairness	Prudence	Greed
Family	Self-control	Hate
Forgiveness	Service	Hypocrisy
Freedom	Significance	Ill health
Fun	Security	Infidelity
Gratitude	Spirituality	Immorality
Growth	Stability	Injustice
Happiness	Trust	Isolation
Health		Jealousy

**Sample Anti-Values**

Humor	Aggression	Laziness
Humility	Anger	Pain
Honesty	Anxiety	Pomposity
Integrity	Apathy	Poverty
Justice	Arrogance	Procrastination
Kindness	Betrayal	Selfishness
Knowledge	Brutality	Stress
Leadership	Conflict	Suspicion
		Worry