

HOW I GET TO WHERE I WANT TO END UP?

Instrumental Values Checklist

Ethical Character & Integrity

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| <input type="checkbox"/> Honesty | Being truthful and sincere in your actions and words |
| <input type="checkbox"/> Integrity | Adhering to moral principles; being consistent and ethical (doing the right thing even when no one is watching) |
| <input type="checkbox"/> Responsibility | Being dependable and accountable; honoring commitments and fulfilling duties |
| <input type="checkbox"/> Loyalty | Being faithful and steadfast in allegiance to loved ones, friends, or principles |
| <input type="checkbox"/> Obedience | Respecting authority and following rules or guidelines out of duty (when appropriate) |
| <input type="checkbox"/> Forgiveness | Being willing to pardon others' mistakes or wrongs; letting go of grudges and resentments |

Social Virtues & Caring

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|------------------------------------------|---------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Politeness | Being courteous and respectful in behavior; having good manners and tact |
| <input type="checkbox"/> Helpfulness | Being cooperative and supportive; helping others and working for their welfare |
| <input type="checkbox"/> Kindness & Love | Being caring, compassionate, and loving toward others; showing empathy and benevolence in actions |
| <input type="checkbox"/> Cheerfulness | Maintaining a positive, optimistic attitude; bringing friendliness and good spirit to others |

Achievement & Self-Mastery

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|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Ambition | Being driven and hard-working toward achievement; having high aspirations and initiative |
| <input type="checkbox"/> Independence | Being self-reliant and autonomous; able to think and act freely without relying on others |
| <input type="checkbox"/> Courage | Willingness to take risks and face challenges bravely; standing up for your beliefs or doing the right thing despite fear |
| <input type="checkbox"/> Perseverance | Showing determination and persistence; not giving up easily when working toward goals (grit) |
| <input type="checkbox"/> Capability | Being competent, effective, and skilled in what you do; striving for excellence and competence |
| <input type="checkbox"/> Self-Control | Exercising self-discipline and restraint; controlling impulses and delaying gratification when necessary |
| <input type="checkbox"/> Orderliness (Cleanliness) | Keeping things clean, neat, and organized; living with order and tidiness as a personal discipline |

Intellectual & Open-Mindedness

- Broad-Mindedness Being open-minded and tolerant of different ideas, cultures, and viewpoints (receptive to learning from others)
- Imagination Being creative and innovative; thinking outside the box and envisioning new possibilities
- Intellectual Curiosity Valuing knowledge, education, and intellectual pursuits; being reflective and analytical
- Logic Using reason and sound judgment; thinking logically and objectively to make decisions