



### **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



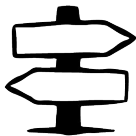
### **Gratitude**

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?**





# **Authenticity**

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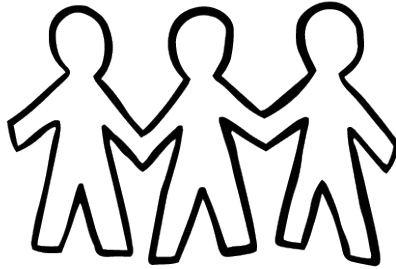
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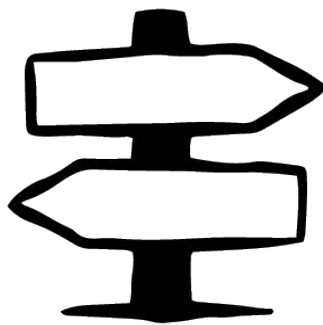




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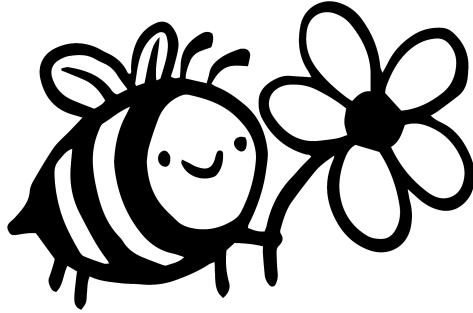
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# Kindness

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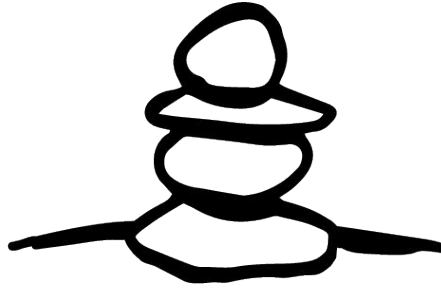




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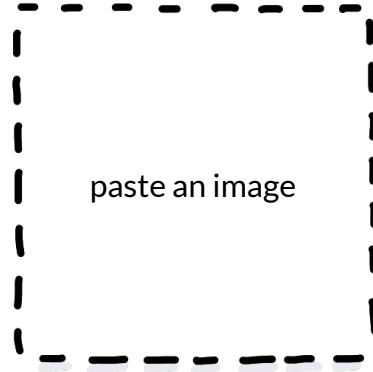




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# What value would you add?

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