

# Core values

A (non-exhaustive) list

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Accountability	Ethics	Joy	Risk-taking
Achievement	Excellence	Justice	Safety
Adaptability	Exploration	Kindness	Security
Adventure	Fairness	Knowledge	Self-discipline
Altruism	Faith	Leadership	Self-expression
Ambition	Family	Learning	Self-respect
Authenticity	Financial	Legacy	Serenity
Balance	stability	Leisure	Service
Beauty	Forgiveness	Love	Simplicity
Being the best	Freedom	Loyalty	Spirituality
Belonging	Friendship	Making a	Sportsmanship
Career	Fun	difference	Status
Caring	Future	Nature	Stewardship
Collaboration	generations	Openness	Success
Commitment	Generosity	Optimism	Teamwork
Community	Giving back	Order	Thrift
Compassion	Grace	Parenting	Time
Competence	Gratitude	Patience	Toughness
Confidence	Growth	Patriotism	Tradition
Connection	Harmony	Peace	Travel
Contentment	Health	Perseverance	Trust
Contribution	Home	Personal	Truth
Cooperation	Honesty	fulfilment	Understanding
Courage	Hope	Power	Uniqueness
Creativity	Humility	Pride	Usefulness
Curiosity	Humour	Quality	Virtue
Dependability	Inclusion	Recognition	Vision
Dignity	Independence	Reliability	Vulnerability
Diversity	Initiative	Resourcefulness	Wealth
Environment	Integrity	Respect	Well-being
Efficiency	Intuition	Responsibility	Wholeheartedness
Equality	Job security	Results-oriented	Wisdom

Ready to finally find a  
healthful balance in  
exercise, work & life like our  
ETPHD coaching &  
mentoring clients?

Drop us an email on  
[emilia@emilia.fitness](mailto:emilia@emilia.fitness) or  
book a call to chat [here](#).