



FORTLOG Services Inc.
John R. Robertson

The following pages should be printed single sided as you may want to cut the “cards” so that they can provide more value to you.



	<p>ACCEPTANCE to be accepted as I am</p>
<p>ACCURACY Being true or correct in attention to detail; low tolerance for error. To be accurate in my opinions and beliefs</p>	<p>ACHIEVEMENT Enjoying a sense of accomplishment; to win, attain, and successfully accomplish something by talent or skill. To have important accomplishments</p>
<p>ADVANCEMENT Striving to move ahead rapidly; gaining opportunities for growth or seniority ADVENTURE to have new and exciting experiences</p>	<p>ATTRACTIVENESS to be physically attractive</p>
<p>AUTHORITY to be in charge of and responsible for others</p>	<p>AUTONOMY to be self-determined and independent</p>
<p>BALANCE / STRUCTURE Giving proper emphasis to all areas of a person's life</p>	<p>BEAUTY to appreciate beauty around me</p>
<p>CARING to take care of others</p>	<p>CHALLENGE to take on difficult tasks and problems</p>
<p>CHANGE to have a life full of change and variety</p>	<p>COMFORT to have a pleasant and comfortable life</p>
<p>COMMITMENT to make enduring, meaningful commitments</p>	<p>COMPASSION to feel and act on concern for others</p>
<p>COMPETENCY Capability, ability, Desire to meet or exceed standards or expectations</p>	<p>COMPETITION Evaluate efforts or abilities with self or others</p>
<p>CONTRIBUTION to make a lasting contribution in the world</p>	<p>CONTROL Being in charge or wanting to have influence over outcomes</p>
<p>COOPERATION Relationships and teamwork that work toward a common goal/objective; to work collaboratively with others</p>	<p>COURTESY to be considerate and polite toward others</p>
<p>CREATIVITY to have new and original ideas</p>	<p>DEPENDABILITY to be reliable and trustworthy</p>



<p>DUTY to carry out my duties and obligations</p>	<p>ECOLOGY to live in harmony with the environment</p>
<p>EFFICIENCY Quality work that produces results, with minimum wasted effort</p>	<p>EXCELLENCE Consistently and constantly raising quality or action; to model a superior trait / quality; 'raising the bar' from the previous time</p>
	<p>EXCITEMENT to have a life full of thrills and stimulation</p>
<p>FAITHFULNESS to be loyal and true in relationships</p>	<p>FAME to be known and recognized</p>
<p>FAMILY Placing importance on maintaining familial relationships; to have a happy, loving family</p>	<p>FINANCIAL SECURITY Being free from financial worries</p>
<p>FITNESS to be physically fit and strong</p>	<p>FLEXIBILITY to adjust to new circumstances easily [environment or individually]; Adaptable, pliant, able to adjust, responsive to needs,</p>
<p>FORGIVENESS to be forgiving of others</p>	<p>FRIENDSHIP to have close, supportive friends</p>
<p>FUN to play and have fun</p>	<p>GENEROSITY to give what I have to others</p>
<p>GENUINENESS to act in a manner that is true to who I am</p>	<p>GOD'S WILL to seek and obey the will of God</p>
<p>GROWTH to keep changing and growing</p>	<p>HEALTH to be physically well and healthy</p>
<p>HELPFULNESS To be willing to help and or assistance to others</p>	<p>HONESTY to be honest and truthful</p>
<p>HOPE to maintain a positive and optimistic outlook</p>	<p>HUMILITY to be modest and unassuming</p>
<p>HUMOUR to see the humorous side of myself and the world</p>	<p>INDEPENDENCE To work and / or be alone, self-supervised, not subject to the authority of another, control of own time, behaviour, tasks</p>



<p>INDUSTRY to work hard and well at my life tasks</p>	<p>INNER PEACE to experience personal peace</p>
<p>INTEGRITY Uprightness of character, to be complete, undivided in thoughts, words and actions, no difference between what one claims to be & how one acts</p>	<p>INTIMACY to share my innermost experiences with others</p>
<p>JUSTICE to promote fair and equal treatment for all</p>	<p>KNOWLEDGE / LEARNING to learn and contribute valuable knowledge; Lifetime commitment to growing in wisdom & understanding</p>
<p>LEISURE to take time to relax and enjoy</p>	<p>LOVED to be loved by those close to me</p>
<p>LOVING to give love to others</p>	<p>MASTERY to be competent in my everyday activities</p>
<p>MINDFULNESS to live conscious and mindful of the present moment</p>	<p>MODERATION to avoid excesses and find a middle ground</p>
<p>NON-CONFORMITY to question and challenge authority and norms</p>	<p>NURTURANCE to take care of and nurture others</p>
<p>OPENNESS to be open to new experiences, ideas, and options</p>	<p>ORDER to have a life that is well-ordered and organized</p>
<p>PASSION to have deep feelings about ideas, activities, or people</p>	<p>PLEASURE to feel good</p>
<p>POPULARITY to be well-liked by many people</p>	<p>POWER to have control over others</p>
<p>PURPOSE to have meaning and direction in my life</p>	<p>RATIONALITY to be guided by reason and logic</p>
<p>REALISM to see and act realistically and practically</p>	<p>RESPONSIBILITY – DUTY Answer morally or legally for the follow through of a duty, trust or debt; accountable, act without superior guidance to make and carry out decisions with ownership</p>



RISK to take risks and chances	SAFETY to be safe and secure
SELF-ACCEPTANCE to accept myself as I am	SELF-CONTROL to be disciplined in my own actions
SELF-ESTEEM to feel good about myself	SELF-KNOWLEDGE to have a deep and honest understanding of myself
SERVICE to be of service to others	SIMPLICITY to live life simply, with minimal needs
SOLITUDE to have time and space where I can be apart from others	SPIRITUALITY to grow and mature spiritually
STABILITY to have a life that stays fairly consistent	TOLERANCE to accept, respect, and remaining open those who differ from me including the viewpoints and values of others
TRADITION to follow respected patterns of the past	VIRTUE to live a morally pure and excellent life
WEALTH to have plenty of money	WORK WITH OTHERS trusted teamwork is the common goal; where close working relationships result from collaborative efforts.
Some other Values that are not listed, but perhaps should be included? <i>This term must include a sense of what is meant by the value</i>	
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