

# Claudette Chenevert - The Stepmom Coach

Taking you from Surviving to THRIVING, one STEP at a Time

[www.stepmomcoach.com](http://www.stepmomcoach.com)

Use this list as a place to start identifying your values. Feel free to add what fits for you and your lifestyle.

Acceptance	Firmness	Nurturing
Accountability	Fitness	Obedience
Acknowledgment	Flexibility	Order
Affection	Focus	Organization
Altruism	Friendship	Openness
Appreciation	Fun	Optimism
Cleanliness	Gallantry	Passion
Closeness	Generosity	Peace
Collaboration	Gratitude	Perceptiveness
Commitment	Guidance	Preparedness
Compassion	Happiness	Privacy
Competency	Harmony	Punctuality
Confidence	Honesty	Realism
Congruence	Humility	Reliability
Connection	Humor	Resilience
Credibility	Independence	Restrain
Daring	Individuality	Respect
Decisiveness	Influence	Responsibility
Dedication	Inspirational	Sharing
Dignity	Integrity	Silence
Direction	Intuitive	Simplicity
Discipline	Insightful	Stability
Disclosure	Joy	Strength
Discretion	Justice	Sympathy
Empathy	Kindness	Satisfaction
Equality	Knowledge	Self-control
Excitement	Leadership	Teamwork
Exuberance	Learning	Trust
Faith	Love	Understanding
Fairness	Loyalty	Value
Family	Making a difference	Wisdom
Fidelity	Maturity	Willingness
Financial independence	Mindfulness	Wittiness