

Acceptance vs. Prejudice - Demonstrating respect for others who do not share my perspective.

Authenticity vs. Hypocrisy – Acting with consistency and transparency according to my core values.

Cautiousness vs. Rashness - Taking time to ensure the right decision is made or action is taken.

Compassion vs. Indifference - Helping those who are hurting.

Collaboration vs. Antagonism - Understanding others so I can effectively work with them.

Confidence vs. Doubt - Trusting and acting on my own judgment and abilities.

Courage vs. Conformity - Overcoming fear by saying and doing what is right.

Creativity vs. Underachievement - Approaching a need, a task, or an idea from a new perspective.

Decisiveness vs. Procrastination - Processing information and finalizing difficult decisions.

Dependability vs. Inconsistency - Fulfilling commitments, even in the face of difficulty.

Determination vs. Faintheartedness - Overcoming obstacles in order to reach my goal.

Empathy vs. Callousness - Sensing the emotion of others.

Endurance vs. Discouragement - Withstanding stress to do my best.

Enthusiasm vs. Apathy - Expressing interest and excitement in what I do.

Flexibility vs. Resistance - Adjusting to change with a good attitude.

Focus vs. Distraction - Concentrating my effort on the work at hand.

Forgiveness vs. Rejection - Releasing feelings of resentment.

Generosity vs. Stinginess - Managing resources to freely give.

Gratefulness vs. Thanklessness - Appreciating what I have and how others help me.

Honesty vs. Deception - Being truthful in what I say and do.

Humility vs. Arrogance - Recognizing the people and factors that have shaped my life.

Initiative vs. Idleness - Recognizing and doing what needs to be done before I am asked to do it.

Justice vs. Corruption - Taking personal responsibility to uphold what is pure, right, and true.

Kindness vs. Indifference - Choosing words and actions to benefit others without expecting a return.

Loyalty vs. Unfaithfulness - Demonstrating commitment to others.

Orderliness vs. Confusion - Organizing my thoughts and surroundings for greater achievement.

Patience vs. Restlessness - Taking the time necessary to work through a difficult situation.

Positivity vs. Discouragement - Maintaining a good attitude even when faced with difficulty.

Punctuality vs. Tardiness - Showing respect for others by doing the right thing at the right time.

Resilience vs. Despair - Recovering from adversity.

Respect vs. Rudeness - Treating others with honor and dignity.

Responsibility vs. Unreliability - Knowing and doing what is expected of me.

Self-Control vs. Self-indulgence - Choosing behaviors to help me reach my goals.

Thoroughness vs. Incompleteness - Taking care of necessary details.

Trustworthiness vs. Unreliability - Gaining the confidence of others by demonstrating reliability

Wisdom vs. Foolishness - Making practical application of what is learned.