Generosity

- Volunteerism, caring for a pet
- Community Service
- Involvement with special needs people
- Mentoring, tutoring
- Contributing to well being of home, chores, babysitting
- Sharing ideas/talents/belonging
- Allowing another to win
- Adopting a family or a youth
- Giving earned money away
- Pal program, befriending a nerd, developing empathy
- Unconditional acceptance
- Non materialism, sharing time and companionship with sibs

Independence

- Recognizing personal weakness & make flow
- Willingness to problem solve/strategies
- Being on time for appointment, personal hygiene
- Choosing a drug free life style
- Completing tasks without supervision
- Buying clothing, thanking those who assist employment, positive
- Friendships, attending school
- Independent living skills, price cars, food
- Saving money, money management, open an account
- Filling out job applications, do job without being asked, interviewing, managing time, curfew
- Caring for a pet, positive role model, accepting authority
- Volunteering for a group, initiating various tasks, leadership roles

Mastery - mentally, physically, art, socially, spiritually

- Auto mechanics
- Animal care
- Carpentry
- Art
- Music, swim
- Sports
- Recreational art
- Combing, cleaning
- Child care
- Self care
- Chess, boxing, body building, respect and care for body
- Problem solving
- Planning projects, woodworking
- Setting and reaching goals
- Recognizing others abilities
- Teaching another
- Completing homework & chores on time
- Receive praise without arrogance
- Fishing, gardening, museum
- Camping, sewing
- Track, running, sportsmanship
- Junior achievement

Belonging

- Involvement in local government
- Extra curricular activities at school
- Participation in ecological activities
- Conversations with elders about family history
- Involvement in neighborhood groups
- Church, youth groups
- Spending time with relatives/outing, reunions
- Interest group
- School government
- Civic groups/campaigning
- Recruiting others to positive groups
- Animal husbandry
- AA, NA
- Volunteerism