



# Betty Russell, BCC

*Dating & Relationship Specialist*



**Helping Singles Date Successfully to Find Their  
Ideal Match & Co-Create a Relationship That Lasts!**

## ABC List of Core Values

Abundance	Acceptance	Accessibility
Accomplishment	Accuracy	Achievement
Acknowledgment	Activeness	Adaptability
Adoration	Adroitness	Adventure
Affection	Affluence	Aggressiveness
Agility	Alertness	Altruism
Ambition	Amusement	Anticipation
Appreciation	Approachability	Articulateness
Assertiveness	Assurance	Attentiveness
Attractiveness	Audacity	Availability
Awareness	Awe	Balance
Beauty	Being the best	Belonging
Benevolence	Bliss	Boldness
Bravery	Brilliance	Buoyancy
Calmness	Camaraderie	Candor
Capability	Care	Carefulness
Celebrity	Certainty	Challenge
Charity	Charm	Chastity
Cheerfulness	Clarity	Cleanliness
Clear-mindedness	Cleverness	Closeness
Comfort	Commitment	Compassion
Completion	Composure	Concentration
Confidence	Conformity	Congruency
Connection	Consciousness	Consistency
Contentment	Continuity	Contribution
Control	Conviction	Conviviality
Coolness	Cooperation	Cordiality
Correctness	Courage	Courtesy
Craftiness	Creativity	Credibility
Cunning	Curiosity	Daring
Decisiveness	Decorum	Deference
Delight	Dependability	Depth
Desire	Determination	Devotion
Devoutness	Dexterity	Dignity
Diligence	Direction	Directness
Discipline	Discovery	Discretion
Diversity	Dominance	Dreaming
Drive	Duty	Dynamism
Eagerness	Economy	Ecstasy
Education	Effectiveness	Efficiency
Elation	Elegance	Empathy
Encouragement	Endurance	Energy

Enjoyment	Entertainment	Enthusiasm
Excellence	Excitement	Exhilaration
Expectancy	Expediency	Experience
Expertise	Exploration	Expressiveness
Extravagance	Extroversion	Exuberance
Fairness	Faith	Fame
Family	Fascination	Fashion
Fearlessness	Ferocity	Fidelity
Fierceness	Financial independence	Firmness
Fitness	Flexibility	Flow
Fluency	Focus	Fortitude
Frankness	Freedom	Friendliness
Frugality	Fun	Gallantry
Generosity	Gentility	Giving
Grace	Gratitude	Gregariousness
Growth	Guidance	Happiness
Harmony	Health	Heart
Helpfulness	Heroism	Holiness
Honesty	Honor	Hopefulness
Hospitality	Humility	Humor
Hygiene	Imagination	Impact
Impartiality	Independence	Industry
Ingenuity	Inquisitiveness	Insightfulness
Inspiration	Integrity	Intelligence
Intensity	Intimacy	Intrepidness
Introversion	Intuition	Intuitiveness
Inventiveness	Investing	Joy
Judiciousness	Justice	Keenness
Kindness	Knowledge	Leadership
Learning	Liberation	Liberty
Liveliness	Logic	Longevity
Love	Loyalty	Majesty
Making a difference	Mastery	Maturity
Meekness	Mellowness	Meticulousness
Mindfulness	Modesty	Motivation
Mysteriousness	Neatness	Nerve
Obedience	Open-mindedness	Openness
Optimism	Order	Organization
Originality	Outlandishness	Outrageousness
Passion	Peace	Perceptiveness
Perfection	Perkiness	Perseverance
Persistence	Persuasiveness	Philanthropy
Piety	Playfulness	Pleasantness
Pleasure	Poise	Polish
Popularity	Potency	Power
Practicality	Pragmatism	Precision
Preparedness	Presence	Privacy
Proactivity	Professionalism	Prosperity
Prudence	Punctuality	Purity
Realism	Reason	Reasonableness
Recognition	Recreation	Refinement
Reflection	Relaxation	Reliability
Religiousness	Resilience	Resolution
Resolve	Resourcefulness	Respect
Rest	Restraint	Reverence
Richness	Rigor	Sacredness
Sacrifice	Sagacity	Saintliness
Sanguinity	Satisfaction	Security
Self-control	Selflessness	Self-reliance
Sensitivity	Sensuality	Serenity

Service	Sexuality	Sharing
Shrewdness	Significance	Silence
Silliness	Simplicity	Sincerity
Skillfulness	Solidarity	Solitude
Soundness	Speed	Spirit
Spirituality	Spontaneity	Spunk
Stability	Stealth	Stillness
Strength	Structure	Success
Support	Supremacy	Surprise
Sympathy	Synergy	Teamwork
Temperance	Thankfulness	Thoroughness
Thoughtfulness	Thrift	Tidiness
Timeliness	Traditionalism	Tranquility
Transcendence	Trust	Trustworthiness
Truth	Understanding	Unflappability
Uniqueness	Unity	Usefulness
Utility	Valor	Variety
Victory	Vigor	Virtue
Vision	Vitality	Vivacity
Warmth	Watchfulness	Wealth
Willfulness	Willingness	Winning
Wisdom	Wittiness	Wonder
Youthfulness	Zeal	