

# Ethics

## moral behavior



info

People who value ethics often stand guard over morality. They actively oppose unethical actions and are able to assess the situation well through a broader perspective. They are excellent at making objective judgments.

strengths

People who value ethics can be relied on because they follow clearly defined rules in their lives. They are also consistent in their beliefs and will defend them for the general good.

dangers

A distorted sense of ethics can lead to a misjudgment of reality. You should remember that not everything is black or white.

# Health

**well-being, fitness, not  
being sick**

info

Those who value health take conscious actions to maintain physical and mental fitness. They do not shy away from practicing sports and are happy to follow a healthy diet. They are aware of the consequences of insufficient health care.

strengths

People who care about health are often disciplined and systematic. Caring for health manifests itself in many elements of their everyday life.

dangers

In extreme cases, excessive interest in your health can cause harmful fears and

your health can cause harmful fears and concerns.

# Freedom

**liberty, freedom of action  
and thought**

info

It is free will, which can freely manifest itself in actions taken and opinions expressed. People who value freedom want to live according to their own beliefs and principles. They do not like limitations and patterns.

strengths

Valuing your own freedom often goes hand in hand with respecting the freedom of others. People who value freedom usually make decisions very consciously.

dangers

Sometimes too strong a desire for

freedom can lead to loneliness and isolation from the rest of society.

# Commitment

**engagement, support**



info

Commitment and involvement are very important values in working with other people. They build the image of a good employee and allow you to gain trust and respect. We are most willing to engage in things that are close to us and in line with our values.

strengths

People who value commitment are very hardworking. They do their job reliably, keep their word and do not exceed the agreed deadlines.

dangers

It's easy to lose control of your commitments if you make too many of them. This requires good management of your energy.

# Spirituality

## **focusing on intangible aspects of life**

info

Spirituality makes us focus a lot of our attention on immaterial reality. It is a constant search for the meaning of life. It evolves with our inner development and the subsequent stages of life.

strengths

People interested in spirituality are looking for answers to fundamental questions important to them. They are capable of self-reflection and keeping an open mind.

dangers

Spirituality is a very personal and individual matter. It is important to remember that not everyone will share our beliefs.