
Values List

This list of values can help you determine which values will give your practice purpose and direction.

SELF-ACCEPTANCE	COMMITMENT	FLEXIBILITY
GROWTH	RESILIENCE	HUMOR
OPENNESS	ADVENTURE	PRESENCE/MINDFULNESS
CREATIVITY	HEALTH	COURAGE
SPIRITUALITY	HONESTY	INDEPENDENCE
FUN/PLEASURE	SELF-EXPRESSION	PEACE
RESPONSIBILITY	COMPASSION	HONOR
AUTHENTICITY	LOVE	TRUST

Which of these values stands out to you? Write them down below. If you think of values that aren't on this list, write those down too.

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