

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.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____