

Values List

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

SELF-ACCEPTANCE	COMMITMENT	FLEXIBILITY	AUTHENTICITY/GENUINNESS
GROWTH	RESILIENCE	HUMOR	LOVE
OPEN	ADVENTURE	PRESENCE/MINDFULNESS	RESPONSIBLE
CREATIVITY	HEALTH	COURAGE	RISK
SPIRITUALITY	HONESTY	AUTONOMY/INDEPENDENCE	COMPASSION
FUN/ PLEASURE	KINDNESS/CARING	TRUST	TOLERANCE

Values List Provided by Jennifer Shannon, LMFT – JenniferShannon.com