

Stanford Compassion Cultivation Training: Self-Affirmation of Values

Read the following list of common values. Which ones matter most to you? Which do you most naturally use to guide your choices? What do you appreciate about yourself? Pick your top three. If something comes to mind that is not on this list, write it down.

Choose one of your top values and write about it for 10-15 minutes. Describe why this value is important to you, and a time in your life when you had the opportunity to really express this value. If you would like to make this an exercise in self-compassion, write about a difficult experience or decision you are facing, and how you can use this value to support or guide yourself.

Acceptance	Faith/Religion	Love
Accountability	Family	Loyalty
Adventure	Freedom	Meaningful Work
Beauty	Friendship	Mindfulness
Challenge	Fun	Openness
Collaboration	Generosity	Peace/Non-Violence
Cooperation	Gratitude	Personal Growth
Commitment	Happiness	Positive Influence
Community	Hard Work	Practicality
Compassion	Harmony	Problem-Solving
Competence	Health	Reliability
Courage	Helping Others	Resourcefulness
Curiosity	Honesty	Self-Care
Creativity	Honor	Self-Reliance
Discipline	Humor	Simplicity/Thrift
Discovery	Independence	Strength
Efficiency	Inner Calm	Tradition
Enthusiasm	Innovation	Trust
Environment	Integrity	Willingness
Equality	Interdependence	Wisdom
Ethical action	Joy	
Excellence	Leadership	
Fairness	Lifelong Learning	

