

ALL LOVE VALUES



LOVE

TO HONOR AND CHERISH UNCONDITIONALLY



ACCEPTANCE

TO BE THOUGHTFULLY AWARE OF THE PRESENT
MOMENT WITHOUT JUDGMENT



GRATITUDE

TO APPRECIATE THE GIFTS OF YOUR EXPERIENCE AND
OTHER EXPERIENCES



COMPASSION

TO RELATE AND CONNECT WITH THE EMOTIONAL
DISCOMFORT OF CHALLENGING LIFE EXPERIENCES



JOYFULNESS

THE STATE OF EXUBERANCE THAT CAN GROW FROM
JOYOUS LIFE EXPERIENCES



RESILIENCE

THE STATE OF PERSEVERANCE THAT CAN GROW FROM
CHALLENGING LIFE EXPERIENCES



INTERCONNECTEDNESS

A WORLDVIEW THAT SEES THE INTERCONNECTED
NATURE AMONG ALL LIFE, EXPERIENCES, AND THINGS

