



MEL Value Groupings

Being *Present* and *Nonjudgmental*
while remaining *Centered* and *Grounded*

Feeling *Open* and *Flexible*
with an abundance of *Love* and *Acceptance*

Showing *Curiosity* and *Inquisitiveness*
while offering *Empathy* and *Compassion*

Being *Connected* and *Vulnerable*
with a heart full of *Gratitude* and *Appreciation*

Having *Patience* and *Perseverance*
while embodying *Confidence* and *Courage*

Displaying *Determination* and *Discipline*
while *Honoring* self and others with *Integrity*

Focusing on *Health* and *Well-being*
while fulfilling your *Purpose* and *Spirituality*

Bringing *Fun* and *Laughter* into your life
while striving for *Success* and *Adventure*

Being *Energized* and *Inspired*
while focusing on *Growth* and *Contribution*