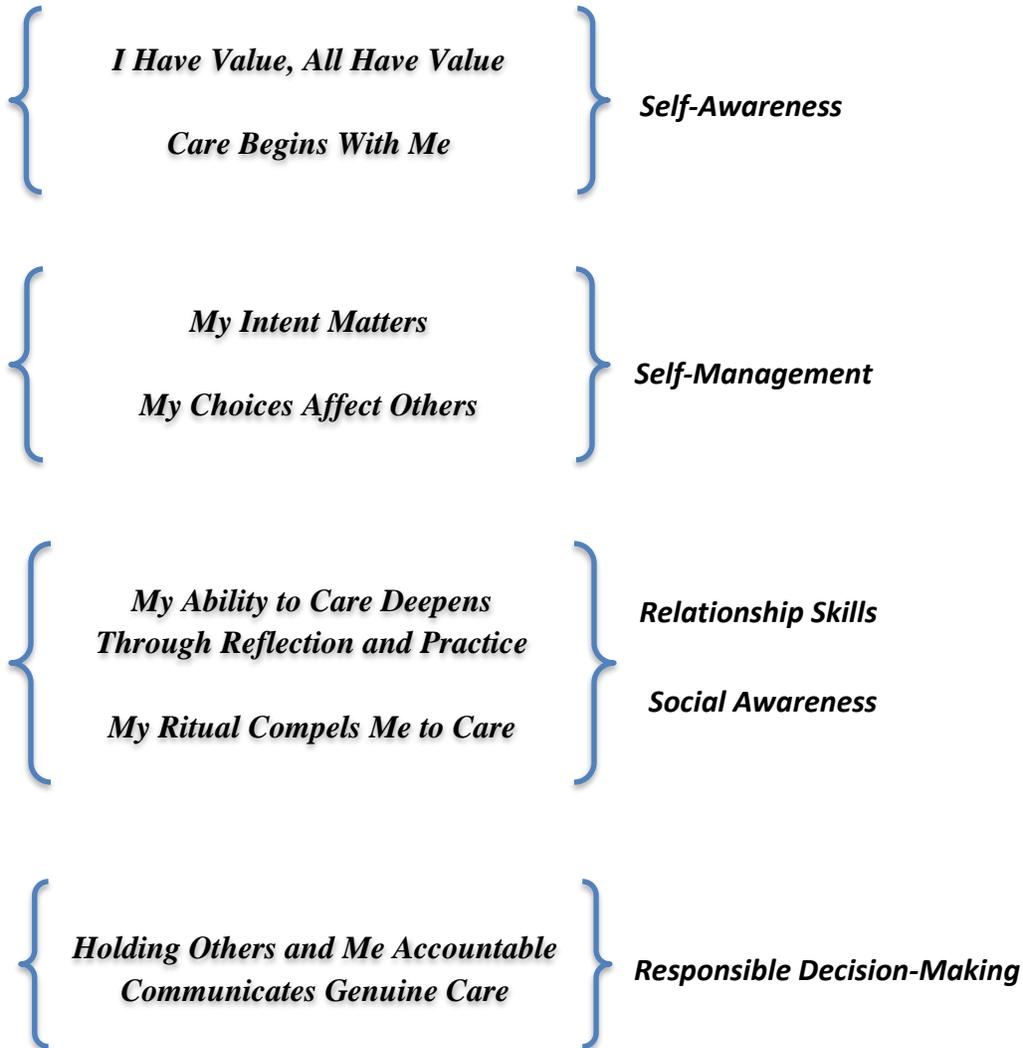




## Core Tenets





## Core Tenets Explained

### ***I Have Value, All Have Value***

I appreciate my value and the value in others. I ask others to share their thoughts and experiences, and I accept their frame of reference as true for them. I also communicate my thoughts and feelings based on what is true for me. My truth will, at times, bump up against the truth of others; therefore, how I express and receive care does not look the same in all instances. Caring does not require friendship, but it does require respecting the basic human need to feel valued.

### ***Care Begins With Me***

I balance my concern for personal well-being with my concern for the well-being of others. I show willingness to give and receive care. I am willing to challenge my perceived and actual limits, but I am also willing to accept failure as a growth opportunity.

### ***My Intent Matters***

My choices are based on sincere, compassionate intentions. I welcome reciprocity but do not require it. My default mindset is to assume good intent in others' unless actions prove otherwise.

### ***My Choices Affect Others***

My choices are powerful. Everything I do or don't do, say or don't say, adds or detracts value from another person or persons. I understand I choose my response in any situation but cannot control the response of others.

### ***My Ability to Care Deepens Through Reflection and Practice***

I nourish an innate ability to care through explicit reflection and practice in order to match the diverse, complex nature of humanity. I identify and confront my personal beliefs and actions that devalue others as well as challenge what prevents me from practicing care in certain situations. Doing so requires vulnerability with others and self.

### ***My Ritual Compels Me to Care***

I swore an oath to a higher purpose. My organization's public creed and values compel me to live my obligation by practicing care.

### ***Holding Others and Me Accountable Communicates Genuine Care***

I maintain reasonable, consistent expectations for others and me. When those expectations are not met, I invite and accept my responsibility in restoring trust. As I hold others and me accountable, I consider just and fair consequences that intend to restore wholeness to all community members.