



# Returning to the Heart of the Work: Sustaining your MI Spirit and Values

**Sarah Cameron & Annabys Jordan**



# Agenda

## **What are we getting into?**

- Examining our own values and how they impact our work
- The Aspirational nature of the MI Spirit
- Spirit Fatigue
- Checking in with our “Spirit Tanks” / Tracking our progress
- Demo and Spirit assessment practice
- Ongoing practice tools



Beliefs or principles that guide your behaviors, decisions, the way you live and the way you work.



# Values

Accountability  
Achievement  
Adaptability  
Adventure  
Altruism  
Ambition  
Authenticity  
Balance  
Beauty  
Being the best  
Belonging  
Career  
Caring  
Collaboration  
Commitment  
Community  
Compassion  
Competence  
Confidence  
Connection  
Contentment  
Contribution  
Cooperation  
Courage  
Creativity  
Curiosity  
Dignity  
Diversity  
Environment  
Efficiency  
Equality

Ethics  
Excellence  
Fairness  
Faith  
Family  
Financial stability  
Forgiveness  
Freedom  
Friendship  
Fun  
Future generations  
Generosity  
Giving back  
Grace  
Gratitude  
Growth  
Harmony  
Health  
Home  
Honesty  
Hope  
Humility  
Humor  
Inclusion  
Independence  
Initiative  
Integrity  
Intuition  
Job security  
Joy  
Justice

Kindness  
Knowledge  
Leadership  
Learning  
Legacy  
Leisure  
Love  
Loyalty  
Making a difference  
Nature  
Openness  
Optimism  
Order  
Parenting  
Patience  
Patriotism  
Peace  
Perseverance  
Personal fulfillment  
Power  
Pride  
Recognition  
Reliability  
Resourcefulness  
Respect  
Responsibility  
Risk -taking  
Safety  
Security  
Self-discipline  
Self-expression

Self-respect  
Serenity  
Service  
Simplicity  
Spirituality  
Sportsmanship  
Stewardship  
Success  
Teamwork  
Thrift  
Time  
Tradition  
Travel  
Trust  
Truth  
Understanding  
Uniqueness  
Usefulness  
Vision  
Vulnerability  
Wealth  
Well-being  
Wholeheartedness  
Wisdom

*Write your own:*

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“The MI spirit is not a destination to arrive at, but a direction to walk in.”



“The telos of an acorn is the mature oak tree - knots, gnarls and all.”

-Bill Miller

But let's be  
honest...

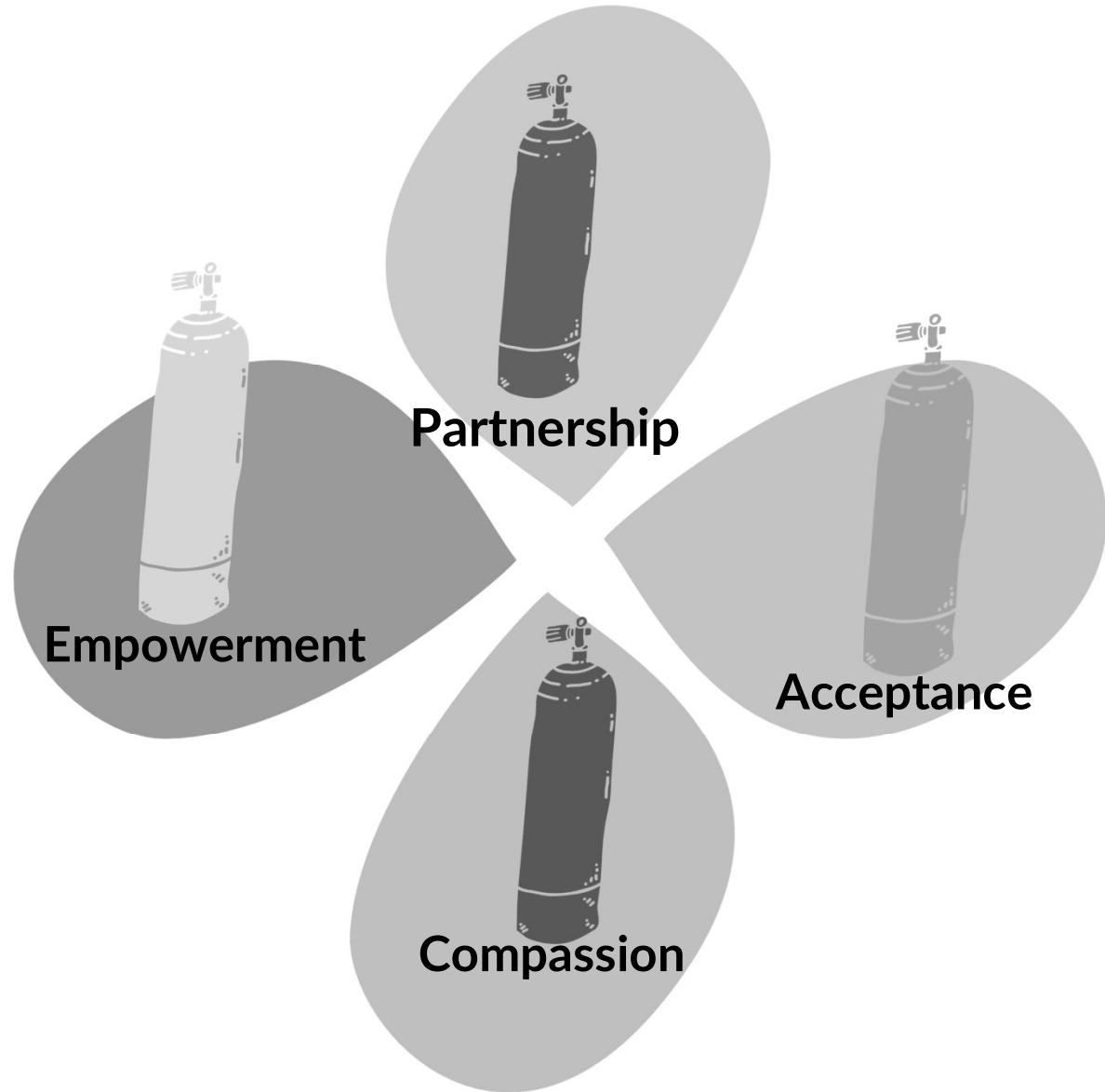


...sometimes  
the spirit feels  
impossible.

**ASPIRATIONAL**



# Spirit of MI

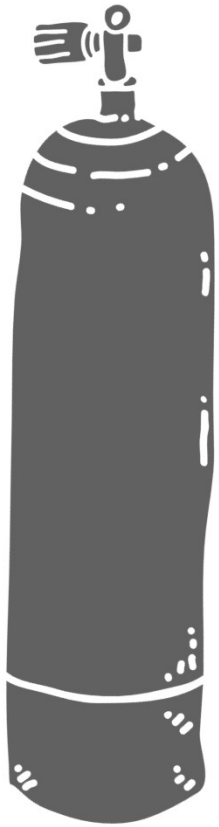


**DISCLAIMER:**  
NOT the Spirit  
of MI



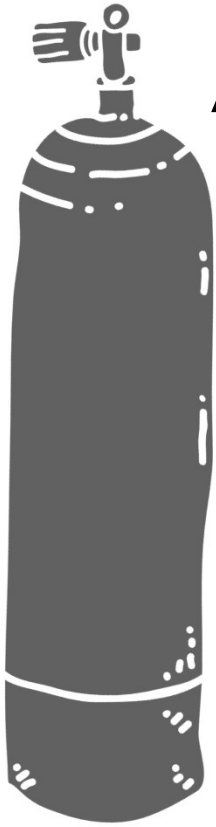
LESLIE, I WANT YOU TO HELP US  
CHOOSE A REPLACEMENT.

# Partnership



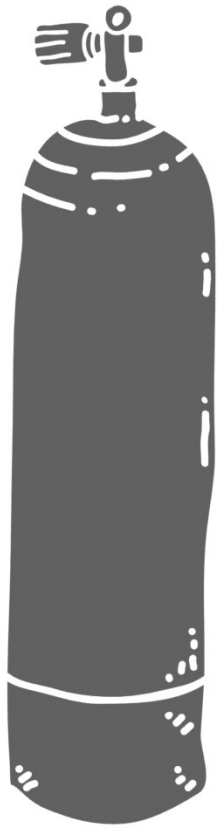
This isn't about  
directing or fixing.  
It's about partnering.

# Acceptance



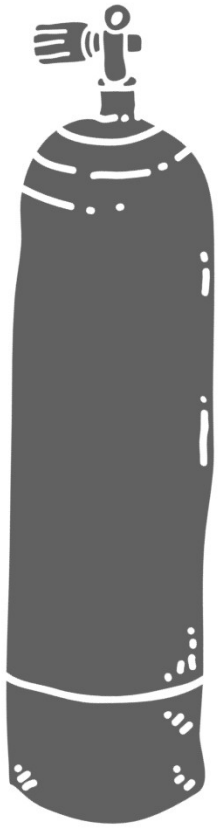
Acceptance doesn't mean approval.  
It means holding space.

# Compassion



It's pretty hard to honor and focus on alleviating someone else's suffering, when our own suffering is so suffocating.

# Empowerment



Evoking from -  
not implanting.





# Spirit Fatigue



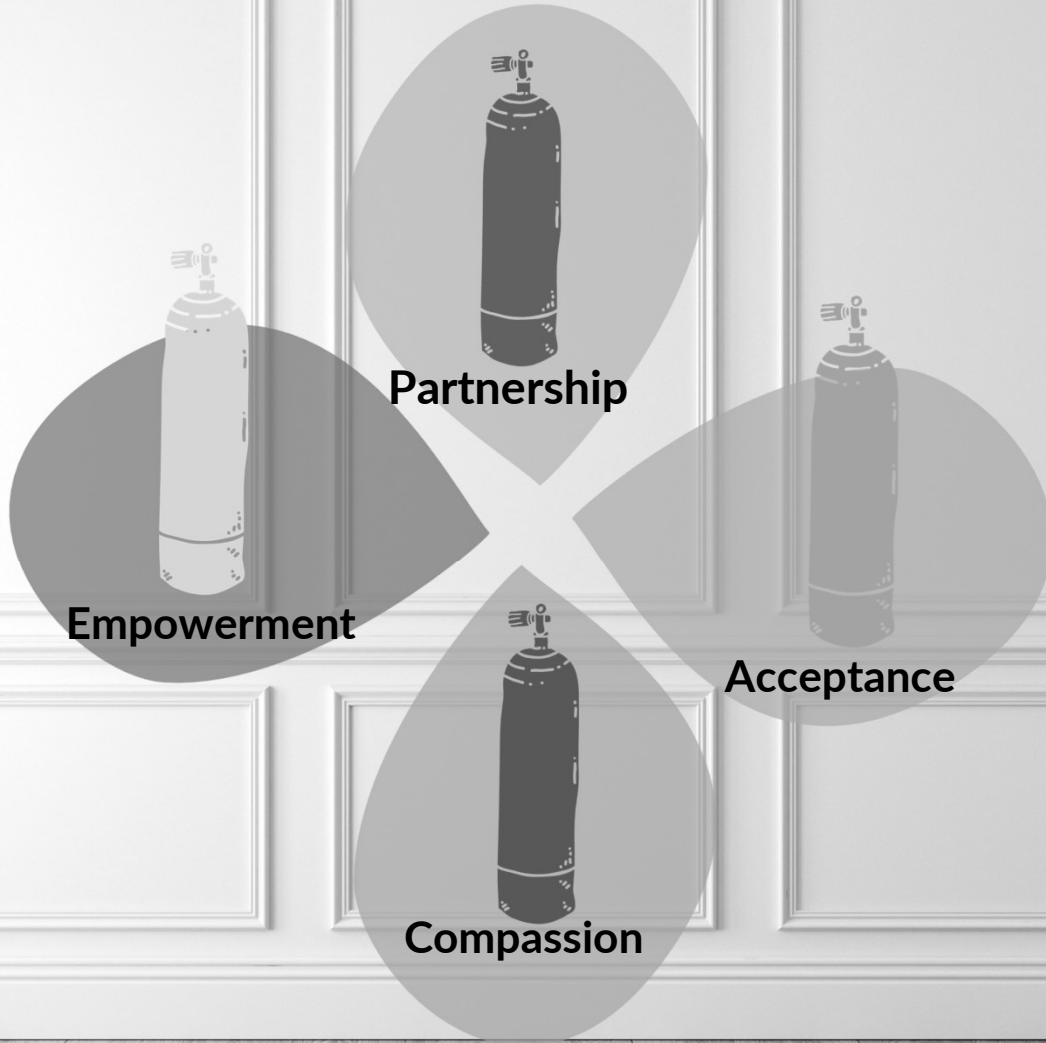


“Spirit is elusive and challenging to measure, yet also vital.”

- Bill Miller

Checking Our Spirit Tanks:

**DEMO**





Let's try it!  
5 min to assess

### **ASSESSING SOLO**

- Complete the Aspirational Spirit Assessment solo



Name it.  
Which spirit tank?  
Or  
Which skill that could fill that  
tank?

Where do you notice an overlap between your values and the MI Spirit?

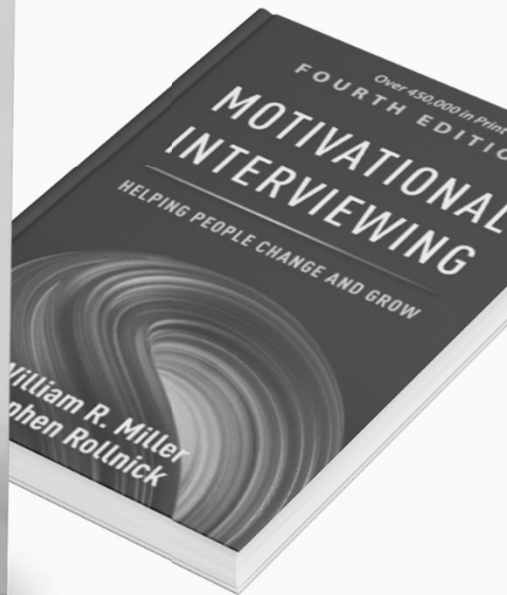
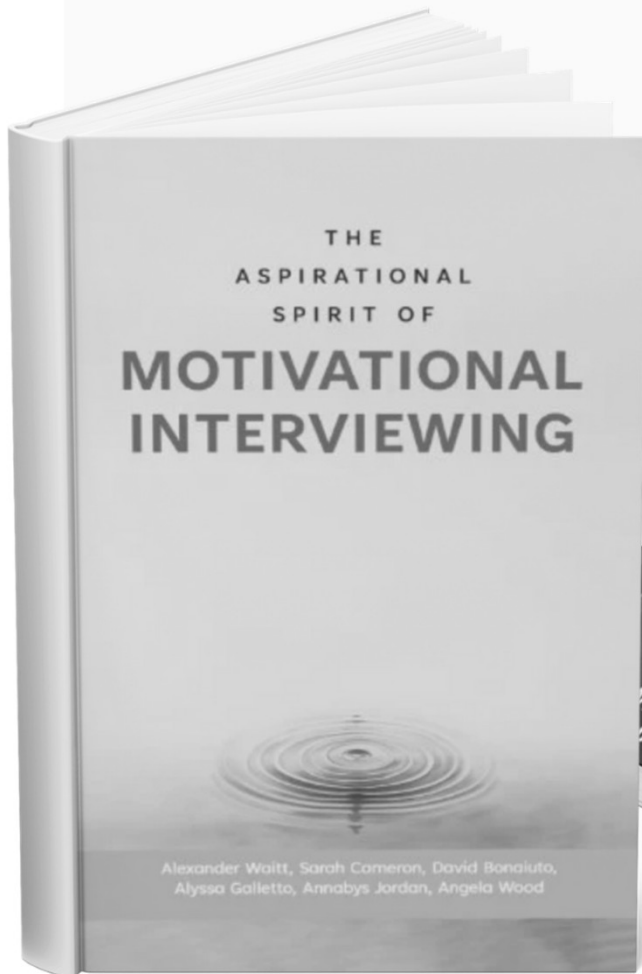


# Daily Practice Ideas

- 2-minute reflection
- End-of-day question
- Journaling
- SPIRIT Assessment
- One word to describe your MI spirit today



# STUFF TO CHECK OUT



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Date	Title	Category title	Location
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25th July 2025	FREE Introductory Online H. Logan	Introductory	International
28th July 2025	FREE - Weekly Online Practice Session S. Kershner	Introductory, Intermediate, Advanced	International
30th July 2025	FREE - Intro/Refresher Online S. Kershner	Introductory, Intermediate	International
1st August 2025	Introductory Online S. Andrew	Introductory	International
5th August 2025	Introductory Online B. Joyce	Introductory	International
5th August 2025	Introductory Online S. Andrew	Introductory	International
6th August 2025	Madison, WI USA Great Lakes Motivational Interviewing Conference	Other	Madison, Wisconsin

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What is one word that captures what this workshop leaves you thinking?