



Be Present



Show up
 Awake Attentive
 Accepting Connected
 Notice thoughts feelings
 Be Open to learn from others
 Notice contribution of others

Trustworthy

Be loyal to Self
 Keep Step with Your Truth
 Hold Others with Regard
 Honor the Stories of Others




Be curious



Awe for Life
 Playful & Surprised
 Delight in moment
 Share your experience

MINDFUL




Regard & Honor for others-
 For life
 Be Kind in Word & Deed
 Be appreciative
 Humble- learn from others
 Gestures of Love

Accountability


Actions toward or involving others that reflect the integrity of the person you want to be.

Be Reliable
 Hold others in Confidence
 Keep your Word
 Fulfill your Agreements
 Keep your Promises

AWARE



Acknowledge Others
 What feeds You & Others with heart & Meaning
 Stand for what is Important



FORTHRIGHT
 Be True to Self
 Speak Clear
 Have clear Expectations
 Be Honest with Self; Past; Others
 Be Ready to Step Up for Self, Others, Cause.



GRATEFUL
 Be Observant of the GOOD
 Give Thanks Out loud
 Recall your experience:
 Journal To Others In Prayer



FLEXIBLE
 Agreeable
 Amiable
 Approachable
 Consistent to the plan but able to: revisit & make adjustments

Be prepared...



PREPARED
 Stay ready for such a time
 Seize each Opportunity
 Allow space in Heart, Mind
 Self-Care: Rest Hydration Sun light
 Spiritual Food
 Whole food
 Breathe