

CARING FOR MYSELF

Getting physical	Accepting myself
Giving thanks	Seeing possibilities
Asking for help	Feeling pleasure
Finding peace	Understanding

CONNECTING WITH OTHERS

Trusting	Being loving
Being truthful	Admiring
Connecting	Appreciating others
Belonging	Being compassionate

CHALLENGING MYSELF

Dancing with joy	Imagining
Daring to dream	Creating
Seeking freedom	Achieving
Seeking knowledge	Embracing the moment

VALUING IN THE PRESENCE OF DIFFICULTY

Forgiving	Seeking wisdom
Letting it be	Struggling
Staying with uncertainty	Feeling secure
Saying good-bye	Feeling different