

















# Habits of Heart

 <p><b><u>1. Be Loving</u></b> Live abundantly! Give of yourself to others by creating positive relationships that inspire and build up the health of all people. Care deeply and act generously for the wellbeing of all in creation.</p>	 <p><b><u>2. Be Grateful</u></b> Be thankful! Reflect on the good things that you find in your own life. Find joy in all the ways that your life and relationships are wonderful today.</p>	 <p><b><u>3. Be Aware</u></b> Expand your vision of the world! Reflect on your inner life and outer actions, your friends and relationships, the feelings and needs of others and your place and impact on the world.</p>	 <p><b><u>4. Be Patient</u></b> Let things happen in their time! Don't unnecessarily force events or rush others to make progress. Be calm and collected.</p>
 <p><b><u>5. Be Honest</u></b> Think, speak and act in truthful ways! Do not lie to yourself or to others. Be true to the things you believe in.</p>	 <p><b><u>6. Be Wise</u></b> Use knowledge in life giving ways! Think about how what you know can be applied to the world in ways that are healthy for yourself, others and the world.</p>	 <p><b><u>7. Be Compassionate</u></b> Show kindness and empathy to others! Reflect on the hardship and suffering of others and seek to ease their pain and serve their needs.</p>	 <p><b><u>8. Do Good</u></b> Act in ways that benefit life and health! Look for opportunities to do things that make the world a better place for all of creation.</p>
 <p><b><u>9. Be Faithful</u></b> Be a person who can be trusted! Walk the talk. Do what you say you will. Stand by your promises and commitments.</p>	 <p><b><u>10. Give Respect</u></b> Treat others with dignity! Value people for their positive qualities, for their abilities, for their vulnerability. Respect people in their difference.</p>	 <p><b><u>11. Serve Sacrificially</u></b> Help others even if it is costly. Be willing to give up time, resources and status to serve others. Give and don't expect to be paid back.</p>	 <p><b><u>12. Build Community</u></b> Be part of a group that makes a difference in one another's lives! Contribute to that community by doing things that build the group up and help it to achieve its goals.</p>
 <p><b><u>13. Work for Justice</u></b> Seek what is fair for all people! Speak out for those in need. Stand up against wrong doing. Defend those who are vulnerable.</p>	 <p><b><u>14. Seek Reconciliation</u></b> Mend relationships between people! Seek forgiveness, be forgiving and make reparation. Do not seek revenge but peace and harmony.</p>	 <p><b><u>15. Inspire Hope</u></b> Help others to see a positive future! Be resilient in dealing with difficult events and act in ways that move forward.</p>	 <p><b><u>16. Be Courageous</u></b> Don't be afraid to do the right thing! Act in ways that are true to yourself. Stand up for the truth and for the good of others.</p>