

THE ART OF LIVING...IS IN THE LIVING



an artist of life:

- 1: behaves daily in ways that support and enhance life
- 2: plays a pro-active, creative role in sculpting his reality
- 3: is courageously dedicated to being herself
- 4: "walks his talk," and willingly accepts responsibility for his thoughts and deeds
- 5: lives her dream
- 6: has a rich and fulfilling existence
- 7: is fully present in the moment
- 8: loves himself and acts out of what is best in himself
- 9: passionately infuses love and vitality into everything she does
- 10: is grateful to be alive
- 11: measures his success by a balance of the personal and professional, societal and spiritual
- 12: thrives on change
- 13: assesses situations in terms of challenges and opportunities, rather than problems, and works to find viable solutions
- 14: is resilient and open to more than one "right" way of doing things
- 15: is authentic and honest with herself and others
- 16: embraces differences while affirming our essential connection
- 17: treads softly on the earth
- 18: honors and respects the freedom of each individual
- 19: extends compassion to all living things
- 20: is committed to doing "the best he can" to live these principles
- 21: teaches by example