



Lesson 16: Journal

Be kind. Be truthful. Be generous. Be prudent. Be free. What do the five principles for healthy, happy relationships mean to me? What is it like to consider each of them in specific relationships? With family? At work? With friends?

What is my religion? What does it look like to live my religion? Is my daily activity consistent with what I hold as my highest value? Is there anything I would like to change? Why? Or why not?

What does the vision of one, interconnected life mean to me? How does it guide my choices and my behavior? Has my view, and behavior, changed as I have progressed on my spiritual path?

Imagine kindness as a global value. What does that look like? What does it look like in terms of your own daily life?