What am I choosing to be?

The Essence of Being is Love

The Field of Infinite Possibility

Every challenge life brings is an opportunity to grow your character strengths. What character qualities are you growing in to now?¿

Take a moment to breathe deeply. It's time for self-reflection.

You only act these ways when you are feeling threatened or hurting inside.

Me vs. You:

Blaming
Shaming
Complaining
Demanding
Criticizing
Accusing
Judging
Evaluating
Manipulating
Dominating
Threatening
Being a Victim
Better than/
Worse than
Right/Wrong
Win/Lose

The "We" Team:

Joy
Love
Respect
Compassion
Empathy
Gratitude
Forgiveness
Gentleness
Acceptance
Reassurance
Appreciation
Understanding
Trustworthiness
Generosity
Cooperation
Win/Win

"At the heart of every behavior is the desire to meet a precious need."
~Dr. Marshall Rosenberg

Keeps me upset and causes upset around me.

Creates connection, gratitude, and mutual benefit.

It's all Love or a call for Love

Be the change that you want to see