

Keeping it Safe

Willingness to:

1. Take 100% responsibility for our own upset.
2. Accept each moment as it is.
3. Understand that our perceptions dictate our emotional state and actions.
4. Focus on what we want.
5. Understand that the only person we can make change is ourselves.
6. Be conscious of our intent and mindful of our actions.
7. Expand our minds to accept the notion that we are all interconnected