

I aspire to be:

Authentic

Open and honest about who I am and what I believe.
Transparent about my strengths and weaknesses.
True to my thoughts and emotions.

Patient

Aware and appreciative of the present. Unhurried.
Mindful.

Empathetic

Concerned about others in word and action. A careful listener. Patient.

Humble

Grateful. Open to criticism and honest about my own fallibilities. Internally motivated. Deferential to others.

Enlightened

Thoughtful and open-minded. Always learning. Not quick to judge. Humble.

Spiritual

Mindful of connectedness. Reflective. In awe of the sublime that is present everywhere.

In service to others