

PRACTICE 1

MANAGE YOUR ENERGY
NOT YOUR TIME

Strengthen your inner capacities and stay connected to the inner place from which your awareness, attention and intention originate.

PRACTICE 6

CULTIVATE AWARENESS
THAT EVERYONE MATTERS

Understand interdependence and ensure that your needs and the needs of others are attended to in all your relationships.

PRACTICE 9

ASK WITHOUT ATTACHMENT
TO OUTCOME

Ask for what you want, and be open to hearing 'No' as an answer.

PRACTICE 2

FROM VALUES TO ACTION

Live life on purpose, motivated by what matters most instead of being motivated by past conditioning and experiences.

PRACTICE 7

TAKE FULL RESPONSIBILITY
FOR YOUR FEELINGS

What others do may be the stimulus of your feelings, but not the cause.

PRACTICE 10

COLLABORATE
PURPOSEFULLY

Aim for a solution that works for everyone. Review your current reality and see if it matches your ideal value-filled life.

PRACTICE 3

OBSERVE
WITHOUT EVALUATING

Commit to and practice transforming judgments and dissolving enemy images.

PRACTICE 8

SUPPORT CONNECTION
TOWARDS SOLUTION

Connection is key to a world that works for all. Engage in a dialogue that attends to and addresses everyone's needs.

PRACTICE 11

CULTIVATE RESILIENCE
AND VITALITY

Restore and replenish your inner resources through meditation, gratitude, love, beauty, service and inspiration.

PRACTICE 4

DELAY INSTANT
GRATIFICATION

Define what you stand for, and draw a line you will not cross, no matter how great the temptation.

PRACTICE 5

LET GO AND GROW

Learn to live in peace with unmet needs, and maintain your connection to your life energy.

HEMA PÖKHARNA'S



Building Blocks of Leadership, Vitality and Resilience

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*Embracing Nonviolence
in Thought, Word and Action*