### 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 2
**From Values to Action**
Live life on purpose, motivated by what matters most instead of being motivated by past conditioning and experiences.

### Practice 3
**Observe Without Evaluating**
Commit to and practice transforming judgments and dissolving enemy images.

### 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.

### 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 7
**Take Full Responsibility for Your Feelings**
What others do may be the stimulus of your feelings, but not the cause.

### 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 9
**Ask Without Attachment to Outcome**
Ask for what you want, and be open to hearing ‘No’ as an answer.

### 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 11
**Cultivate Resilience and Vitality**
Restore and replenish your inner resources through meditation, gratitude, love, beauty, service and inspiration.

---

**HEMA POKHARNA’S**

### Building Blocks of Leadership, Vitality and Resilience

Embracing Nonviolence in Thought, Word and Action

773.368.1656
journeystolife.org