

Essential Components of a Health and Fulfilling Life: How it Works

Balance allows clear perception → Expanding Awareness leads to seeking truth → Seeking truth leads to an understanding of interdependency and the need for belonging

Balance

Awareness

Truth

Belonging

Able to operate at full capacity
Clarity of thought & emotion

-Aware of and in control of process and direction of thinking
-Emotion provides impression of current situation

See larger picture and relevant details more clearly

Flexible Frame

-Compassion
-Hope
-Personal Responsibility
-Humility

Adaptable Focus

Clear, responsive Filter

-Shared experience
-Respect for differences

Leads to clearer understanding of people and issues involved

-Minimizes distortion
-Allows natural curiosity to emerge

Allows us to be ourselves

Realize value, potential and interconnectedness of all life

Leads to shared vision & values

Security & freedom

Provides multiple perspectives

Leads to intrinsic motivation

Facilitates creative solutions

Easier to anticipate problems, recognize opportunities