

The Basics Skills of Being Human

The frequent practice of the following skills will improve your ability to be fully human.

Compassion - the ability to empathize with and care for others

Courage - the ability to do what is right and needed in spite of fear

Discipline - the ability to make oneself do what is needed in spite of fear, pain, discomfort, boredom or frustration

Faith - the ability to be optimistic; to believe in and look for the goodness in all

Forgiveness - the ability to let go of hurt, anger, regret, jealousy and to accept yourself and others as they currently are.

Generosity - the ability to share what you have with others

Gratitude - the ability to hold all you have with a sense of wonder and thankfulness

Honesty - the ability to see and tell the truth to both yourself and others

Humility - the ability to confidently see yourself as you really are, no better, no worse

Love -

- The ability to see, respect and appreciate the inherent goodness and value of others
- The ability to put the needs and wants of others before your own
- The ability to serve others as needed without pay back

Patience - the ability to wait without frustration, anger or resentment

Perseverance - the ability to continue a task to its completion in spite of obstacles

Respect - the ability to see and treat yourself and others with dignity and value

Together, let's create amazing places to be human!