



BUILDING INNER STRENGTH

— The 16 Guidelines 16-Day Challenge —

Which Guideline Do You Want to Take Into Your Day Today?

- 01. HUMILITY** I am willing and able to learn from others.
- 02. PATIENCE** I have a calm and spacious mind.
- 03. CONTENTMENT** I enjoy who I am and what I have.
- 04. DELIGHT** I rejoice in the good fortune of others.
- 05. KINDNESS** I am friendly, caring and considerate.
- 06. HONESTY** I act with transparency and fairness.
- 07. GENEROSITY** I give without expecting anything in return.
- 08. RIGHT SPEECH** I speak with insight and sensitivity.
- 09. RESPECT** I honour people with a deeper understanding and experience of life.
- 10. FORGIVENESS** I let go of resentment and anger towards myself and others.
- 11. GRATITUDE** I acknowledge and repay the kindness of others.
- 12. LOYALTY** I am good-hearted and dependable in all relationships.
- 13. ASPIRATION** I seek a fulfilling way of life that avoids causing harm.
- 14. PRINCIPLES** I develop sincere and stable inner values.
- 15. SERVICE** I help and benefit others in whatever way I can.
- 16. COURAGE** I accept responsibilities and challenges with calm determination.

For more information visit www.compassionandwisdom.org.

COURAGE

SERVICE

PRINCIPLES

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RIGHT SPEECH

GENEROSITY

HONESTY

KINDNESS

DELIGHT

CONTENTMENT

PATIENCE

HUMILITY



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— The 16 Guidelines 16-Day Challenge —

1. Reflect on your motivation to do the 16 Guidelines 16-Day Challenge and print off the challenge sheet.
2. Cut the guidelines at the bottom of the page into strips along the dotted line. They will look like little flags hanging off the sheet.
3. Put the paper up in a place where you can see it every morning, for example, the door of the fridge or next to the front door.
4. Every morning take a minute to read the guidelines and then choose the one guideline that you want to take into your day. Reflect for a moment what the guideline means to you. How might it be helpful today?
5. Tear off the guideline and put it in your pocket or wherever you have easy access to it during the day, for example, on your desk.
6. Take a look at the guideline during the day to remind yourself and consider moments when you experienced or offered the guideline, or maybe moments in which the guideline may have been helpful.
7. Every day pick a new guideline. You may notice that it becomes more difficult to choose from the remaining guidelines as the challenge goes on. This might be an opportunity to reflect on what might make it more challenging to connect to a certain guideline. Maybe your relationship to the guideline has changed over time. Maybe it offers a new point of view or opens up new possibilities.
8. At the end of the 16-Day Challenge take a look at the challenge sheet. Now all the little guideline flags have disappeared. Remind yourself of your motivation to do the challenge and reflect on the impact that working with the guidelines over the past sixteen days has had on your life and your relationships at home, at work and in your community.
9. Close your reflection by naming three things that you are grateful for and consider how your learning and experience may also benefit the world around you - however big or small the impact.
10. Rejoice!

We would love to hear about your experience of taking part in the challenge!
Visit us on Facebook at www.facebook.com/fdcweducation or
email us at info@compassionandwisdom.org.