Key Understandings

These are the central ideas presented in each theme.

PEACE	1	Peace is necessary for our well-being. Peace begins with each one of us.
APPRECIATION	2	We can appreciate being alive every day. We have the ability to appreciate ourselves.
INNER STRENGTH	3	Strength comes from knowing the inner resources we already have. We have the strength to face the challenges in our lives.
SELF-AWARENESS	4	Knowing ourselves helps us navigate the road of life. Self-awareness brings us greater understanding of who we are.
CLARITY	5	Clarity helps us to see and steer clearly through situations and challenges in our life. We get good at what we practice.
UNDERSTANDING	6	Understanding ourselves helps us to see the value of life. Peace and conflict both begin within human beings.
DIGNITY	7	Valuing ourselves helps us to value and respect others. Each person needs to be treated with dignity.
CHOICE	8	Every day we are going to make choices that determine the quality of our lives and affect those around us. We each have the power to write our own story.
HOPE	9	We can be the source of hope in our own lives. It takes courage to have hope.
CONTENTMENT	10	We carry contentment within us. We can be content regardless of our circumstances.