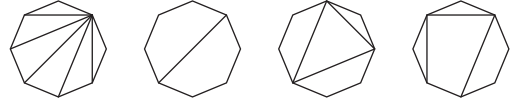


discover your own through reflection and intuition

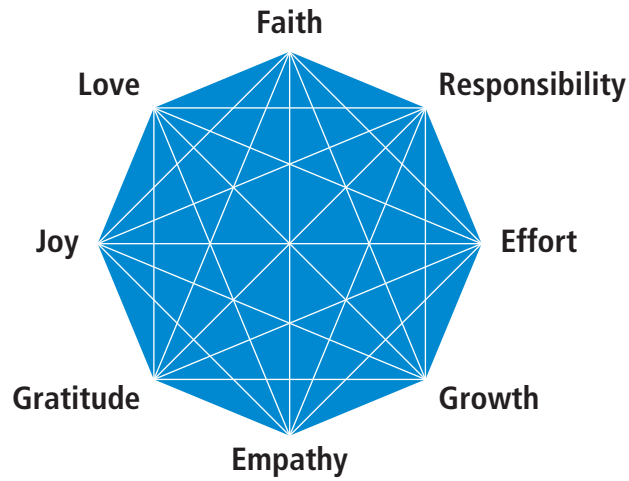
can apply to individual, family, organization

can focus on each individually, or in pairs, triads, quads, etc.



can focus on one per week, and connect it to a different one daily

principles



actions/attitudes

