

PERSONAL CREDIBILITY



Overcoming defeat, the Pity Pot, the anxiety routine, Deprivation, violation, humiliation, alienation.

Where is the energy in my life?

it is in

Our mind and our heart
Our health & spiritual well being

Doing the best Re's . . .

We each need

Our personal financial fitness
Our profession or vocation
Our relationships

EMPOWERMENT

I shall live and/or acknowledge the fullest, finest truths from whatever source or resource.

I shall live and practice moral virtues and values.

I shall live the certainty of god's defining love.

I shall not defile myself nor another.

I shall uphold all things in righteousness.

I shall do my own overcoming, correct my weaknesses, and be accountable and responsible to improve my own conduct.

I shall transcend, upend and end all ruin and abuse.

I shall impart of my spirit and substance to unburden others and work to benefit the suffering and poor.

I shall nurture the independence, defend the rights and safety, and respect the freedom of choice of each and every person.

I shall walk softly upon the earth and care for all living systems.

Thereby

Creating and Receiving hope, enlightenment, and quenching

- *Being God's Friend.*
- *Supporting helpful community involvement*
- *Building personal authenticity & fulfillment*
- *Expressing concern and moral leadership*
- *Advancing devotion and devotions*

We can't always control the thoughts that come into our mind but we can control what we do with those thoughts . . . therein lies our Agency & our integrity.

Moral Vigilance: The heart is making our life what we want it to be and our needs are making our life what we must have. Without living virtues and moral values we cannot sustain self esteem.

"Trouble never left you where it found you."

"To expand your horizon expand your understanding."

"Truth is the obligation of survival"

Start: build upon your strengths.

What is the definition of life?

It is that which needs to be nurtured. We all need: to be loved unequivocally to be adored & honored to be accepted & defended – to be taken into other people's confidence.

"We're always getting back to what we can't do emotionally."

"Sometimes we have to lose something in order to find ourselves."

Share the Open Door

Sahome