

Build strength

Build strength through: reflection.

Build strength through: joy.

Build strength through: stillness.

Build strength through: action.

Build strength through: cleansing.

Build strength through: laughter.

Build strength through: generosity.

Build strength through: asking for help.

Build strength through: blessing strangers.

Build strength through: nourishing your friends with attentiveness.

Build strength through: feeling very, very deeply.

Build strength by loving as you wish to be loved.

Build strength through: being incredibly gentle.

Build strength through: including.

Build strength through: putting yourself in their shoes.

Build strength through: forgiving.

Build strength through: honest prayer.

Build strength through: simplifying.

Build strength through: encouraging yourself and others.

Build strength through: dissolving worry with trust and then really trusting.

Build strength through: declaring your ideals.

Build strength through: sacred movement.

Build strength through: rest.

Build strength through: hydration.

Build strength through: telling the truth.

Build strength through: creating beauty everywhere you go.

Build strength through: leaving it better than you found it.

Build strength by being at ease with the Great Mystery.