

Loving Your Peace

The life-giving actions of embracing a wholeness of our mind, body, and spirit.

What is one thing you can do in concrete terms (i.e. take a walk) in response to feeling angry towards a family member?

Integrity of Goodness

The ability to encourage others with honesty that avoids all forms of harshness or cruelty by holding others in high esteem.

Think about three things you love about someone who lives with you.

Valuing Patience

Having a high opinion or respecting someone by yielding to the benefits of hope despite their actions.

Have you taken time to breathe deeply today? Why or why not?

Insightful Self-Control

The ability to discern when our impulses, desires, or emotions should be tempered, by considering that people are made in the image of a Divine Creator.

Have you practiced using the words "I need" today?

Nonjudgemental Faith

The ability to adjust negative assumptions of others toward a more complete confidence believing people are doing the best they can with what they have been given.

Name a quality or talent you faithfully claim about your beautiful caregiver spirit.

Guiding Joy

A measureable wellness or delight found in being thankful for our community and our family.

Have you spent time in a safe calm space today? If not, plan for when right now.