

Intention

My intention is to improve access to the 170 activities in the existing Universal Wisdom Education (UWE) resource Ready Set Happy (RSH) by those already familiar with the Creating Compassionate Cultures (CCC) system of the Seven Steps (7S). So I have drafted a key, noting for each RSH activity where I saw a connection to specific Steps. This is my personal opinion only, as one of the authors of RSH, as a CCC training participant, as a leader of RSH activities for a number of years, and as an RSH trainer, and it is not definitive. Feel free to use any activity with any Step if the association is clear to you as guide. Many valid ways to integrate these systems and many associations can be made that aren't listed here. I hope this start will be of use to you.

Interconnection

Using this key depends on access to RSH v1.5 and knowledge of 7S. RSH version 1.5 (2009) includes activities for 7-12 year olds, based on the 16 Guidelines for Life. Activities were inspired also by efforts such as UWE's Core Curriculum and the Maitreya School's Awareness exercises. Thank you to the many people at public and private venues on five continents who have used RSH activities for the target age or younger children, teens, and even adults. Thank you especially to Wendy Ridley for extensive editing of the English RSH, to Mariana Orozco for the Spanish translation, and to those currently translating to French. To access the complete book immediately online, see www.16guidelines.org.

The Seven Steps referred to here are: 1) Intention, 2) Interconnection [2a - cause/effect, 2b- interdependence], 3) Change, 4) Perception, 5) Transformation, 6) Empathy, and 7) Compassion. For more, see www.creatingcompassionatecultures.com Special thanks to Pam Cayton for leading the development of this system at Tara Redwood School and for giving feedback on the format of this document keying the activities.

Change

To assist those new to RSH, this document indicates explicitly (for the first time) the lesson I see to be drawn out by each RSH activity, and which of the 7S I felt were related. However, as you do an activity another lesson may arise. I encourage you to go where the activity takes you, being open to the lesson that presents itself by not clinging too tightly to the lesson intended. The activity numbers here are also new. Activities were not originally numbered within the conversational RSH. Use the page numbers given to find the activities in the book (same page numbers English/Spanish).

Perception

RSH activity types include experiment, game, puzzle, movement, story, poem, song, rap, visualization, art, video, conversation, word play, quote, chant, and more. Many involve something to consider or try for real over time in daily life. The idea was to have children play rather than work to integrate important ideas. Many activities involve attention to perceptions, our observation of things external, awareness of our own actions or internal feelings, or an opportunity to connect the two. Other activities build familiarity with vocabulary or (based on all of this) suggest actions to take in the world.

Transformation, Empathy, Compassion

Most Steps are touched on within each of the 16 chapters in RSH, but every chapter includes the role of our minds, and our ability to transform our emotions. The second half, wisdom themes III and IV, especially focus on activities to extend our understanding to others, and to put our compassion into action.

I)	How we Think:	Humility, Patience, Contentment, Delight	[esp. relates to Perception and Transformation]
II)	How we Act:	Kindness, Honesty, Generosity, Thoughtful Speech	[esp. relates to Cause and Effect]
III)	How we Relate to Others:	Respect, Forgiveness, Gratitude, Responsibility	[esp. relates to Interdependence and Empathy] and
IV)	How we Find Meaning in Life:	Principles, Aspiration, Service, Courage	[esp. relates to Intention, Change and Compassion]

May this be of benefit.

31 July, 2011, Denise Flora, Apex, NC, USA

Wisdom Group	Guideline	Lesson to guide toward	ex No.	Page in RSH	Activity type	Activity Name	1	2A	2B	3	4	5	6	7	mode notes
							Interconne								
							Intention	Caused	Connected	Change	Perception	Transform	Empathy	Compass'n	
How We Think	Humility														
		I have a quiet strength and can learn from everyone.	1	1-2	phrase	"Each of you gives me a lesson"			x		x				external
		Everyone has an important, interconnected part to play.	2	1-3	drama	What a waste		x	B			x	x	x	ext./int.
		My mind plays tricks on me. How do I know what I know?	3	1-4	experiment	Broken straw					B				ext./int.
		How do I usually look at things now? What I notice I experience.	4	1-5	art	How we Think cards					x				internal
		I can become more familiar with these attitudes in my own life.	5	1-5	game	Card Matching	x				B				familiarity
		I can train my mind to be tricked less often.	6	1-6	game	Trained observer					B				ext./int.
		Everyone has something to teach me; I can learn from everyone.	7	1-6	for real	Each of you gives me a lesson						B			ext./int.
		I affect my experience by my attitude, flavoring my own reality.	8	1-7	for real	As if our work were great and noble					x	B		x	internal
		Many versions of reality are true, even about who I am.	9	1-7	interview	Many versions of reality		x		x	B	x			ext./int.
	Many versions of reality are true about things in the world.	10	1-8	story	Blind men and the elephant						B			ext./int.	
	Patience						1	2A	2B	3	4	5	6	7	notes
	I trust changes take time and I can wait actively, patiently.	11	2-2	phrase	"I'm like water patient still..."	x				B					ext./int.
	Reality is a matter of point of view and timing.	12	2-3	poem	Points of view				x	B					external
	Other perspectives are valid and can improve my view of reality.	13	2-3	poem	Patience puzzle					x	B	x			internal
	Am I patient now? How do I perceive time?	14	2-4	experiment	Mental Meltdown – Ice melting	x	x		x	B	x				ext./int.
	I can improve my concentration by focusing on the breath.	15	2-4	experiment	20 breaths				x	x	B				ext./int.
	Other points of view are valid, diversity is valuable.	16	2-5	art	Variety Garden			x		x	x	B			external
	Patience is a choice. Practicing it can help me to be happier.	17	2-5	for real	Watch yourself				x		B			x	internal
	There is a lot I can do to make a positive difference for the earth.	18	2-6	for real	Tread lightly			x	x					B	action
	I can work toward my goals even as causes and conditions change.	19	2-6	experiment	Go with the flow	x			x		B				external
	Contentment						1	2A	2B	3	4	5	6	7	notes
	When I appreciate what I have I don't need to grab for more.	20	3-2	phrase	"I have what I need, if I don't..."	x				x	B				internal
	Greediness makes me unhappy. I can change how I feel.	21	3-3	song	The Belly Blues	x	x			x	B				internal
	I can be happy with simple things. I am fortunate.	22	3-4	experiment	Not taking water for granted	x				x	B	x			ext./int.
	I can become happier by training my mind to notice positive things.	23	3-5	game	A list/Counting blessings	x		x	x	x	B				internal
	Things I like are not inherently good.	24	3-6	visualization	Built in goodness	B		x	x	B	x				internal
	Sometimes wanting is a habit. I can pay attention to be happier.	25	3-6	for real	Am I really hungry?	x				x	B	x			internal
	When I am more mindful I enjoy more. My mind creates my reality.	26	3-7	experiment	Experience your food					B	x				internal
	When I am not greedy I enjoy more. What I want is to be happy.	27	3-7	for real	On the rocks	B				B	x				ext./int.
	Delight						1	2A	2B	3	4	5	6	7	notes
	Rejoicing in others' good fortune lets me be happy more often.	28	4-2	phrase	"No need to wait, let's celebrate!..."	x		x		x	B	x			internal
	Positive intention, helping others be happy multiplies my happiness.	29	4-3	rap	Giggle Rap	B		x			x	x	x		internal
	There is a lot of beauty to enjoy.	30	4-4	art	Art of Joy	x				x					internal
	I can be happier by noticing the beauty in simple things.	31	4-5	experiment	Bubbles in the sun	x	x				B				ext./int.
	There is beauty everywhere; noticing it makes me happier.	32	4-5	experiment	Splashes in the rain	x	x		x	B	B				ext./int.
	A change of perspective can be fun!	33	4-6	game	Little chin person			x		x					external
	If I am open I will notice more and enjoy more.	34	4-6	for real	Reflecting on new delights					x	x				ext./int.
	I can practice rejoicing for others, and be happier.	35	4-7	for real	My joy...two, when I'm happy for you	x					B	B	B		ext./int.
	I can practice awareness of beauty and be happier.	36	4-7	for real	Take it outside					x	B	x	B		external

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							Intention	Caused	Connected	Change	Perception	Transform	Empathy	Compass'n	
How we Act	Kindness														
	Helping is worthwhile even if the benefits are not immediate.		37	5-2	phrase	"Care for others. Keep trying."		x					x	B	familiarity
	What I do impacts others and affects myself at least as much.		38	5-3	drama	Thinking ahead at the diamond clinic		B	x				x	B	external
	The most important rule is to treat others well, and to do no harm.		39	5-4	art	Make a golden rule	x						B	x	external
	How do I usually act now?		40	5-5	art	How we Act cards		x							internal
	What effect do my actions have on others?		41	5-5	game	Card Matching	x	B	x						familiarity
	What effect do my actions have on myself?		42	5-6	consider	Project kindness, reflect to yourself		B	x			B	x	B	internal
	It feels good to rejoice in my positive efforts and the efforts of others.		43	5-6	game	Way to go, you did well!					x	x	x	x	ext./int.
	Being kind to others affects me positively also.		44	5-6	for real	Kindness is good medicine			B				x	B	action
	I enjoy doing nice things for others even if they don't realize I did it.		45	5-7	for real	Random acts of kindness			x				x	B	action
	I enjoy doing nice things for others even if I don't get paid back.		46	5-8	for real	Pay it forward		x						B	action
	I enjoy doing nice things just to help create a positive world to live in.		47	5-8	for real	Deliberate acts of kindness		x						B	action
	Honesty						1	2A	2B	3	4	5	6	7	notes
	I chose honesty and play fairly because that feels best to me.		48	6-2	phrase	"Honesty works best for me"	x	x							familiarity
	Money is not the most important thing.		49	6-3	rap	Pocket change chant	x	x		x	x	x			ext./int.
	If everyone is doing it, that doesn't make it okay.		50	6-4	conversation	Black, White, Gray	x		x		x		x	x	ext./int.
	Even if no one "finds out", how I act will affect me.		51	6-5	game	Two truths and a lie	x	x			x				internal
	How do I feel when I am not truthful? Is that a warning sign?		52	6-5	game	I doubt it	x				x		x		internal
	Cause and effect. How I act affects others and myself.		53	6-6	game	Mirror game		B	x			x		B	ext./int.
	Does it change how others act toward me if I tell the truth or not?		54	6-6	story	Boy who cried wolf		B	x		x				external
	I can be more mindful of what I take. What if it were mine?.		55	6-6	for real	Thanks for the offer	x					x	B	x	ext./int.
	When is it difficult for me to be honest? What does that tell me?		56	6-7	for real	Sticky money, fleeting truth	x	x			B				internal
	Everyone wants to be treated fairly. How does it feel to do so?		57	6-7	for real	Fairness experiments		x	x		x	B	B	x	action
	Generosity						1	2A	2B	3	4	5	6	7	notes
	It feels good to let go of being selfish, giving with a smile.		58	7-2	phrase	"I can share my stuff, I have enough."					x	x	B	B	familiarity
	Sharing and helping can be a group habit.		59	7-2	motto	family motto	x		x				B	B	familiarity
	What I do matters– it comes back to me and it creates the world.		60	7-3	poem	Ripples		B	x	x	x	x		B	B ext./int.
	The important habit to build is sharing generously, not grudgingly.		61	7-4	art	Enough is enough – share alike	x					x	B	x	internal
	Generosity is a beneficial idea across time and culture.		62	7-4	puzzle	Don't take my word for it		B	x				x	x	familiarity
	Give and take feels better to me than only one or the other.		63	7-6	movement	Balance of giving and getting		x	x	B	x	x			internal
	I can practice generosity many ways, even if I don't have much.		64	7-6	for real	Oh, that feels better							x	B	action
	It feels good to give to a cause I believe in.		65	7-6	for real	Charity begins						x	x	B	action
	Generosity benefits me as giver as well as the receiver.		66	7-7	for real	Take it another level						B	x	B	action
	I have a lot to give, and it feels good to share with others.		67	7-7	for real	Generous choices						x	x	B	action
	Thoughtful Speech						1	2A	2B	3	4	5	6	7	notes
	I can use my words to help, not harm.		68	8-2	phrase	"When I'm wise I think more, speak..."	x	x				x	x	x	internal
	I can learn to speak and listen more effectively.		69	8-3	poem	Haiku	x	B	x		x	x	x	x	external
	Listening is a beneficial skill recognized across time and culture.		70	8-4	quotes	Just Listen!			x				x		familiarity
	If I want to know what is going on I need to listen.		71	8-4	game	Listen hear	x		x		x				external
	I can observe and choose my words carefully for a specific effect.		72	8-5	write	Haiku workshop	x	x	x		B	x			external
	Words are powerful. I control my words.		73	8-6	word play	Feel the power		x	x		x	B			ext./int.
	What is thoughtful speech?		74	8-6	word play	Mind bogging			x						familiarity
	Silence can teach me about communication and thinking.		75	8-7	for real	Silence is golden	x				x	x			ext./int.
	It feels good to express my positive thoughts.		76	8-7	for real	Why, thank you	x		x			x	x	B	action
	What does it tell me if I would change what I say if broadcast?		77	8-7	for real	Who's on the line	x		x	x	x	B			action
	Praising effort instead of result is more effective and helpful.		78	8-7	for real	That was a great effort		x				x	B	B	action
	What types of communication around me could improve?		79	8-8	for real	Now that's skill – knot		x	x	x	x				action
	I can contribute to peace by using these strategies to communicate.		80	8-8	for real	Speak your peace	x		x			x		B	action

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How We Relate to Others															
	Respect														
	Knowledge is valuable to society, so are teachers, elders & guides.		81	9-2	phrase	"Let's honor each who guide or teach"	x	x	x					x	familiarity
	All are my teachers and deserve my respect.		82	9-3	drama	A class for Tia			x		x	B			external
	How do I relate to others now? What do I want, what do they want?		83	9-4	art	How we Relate cards	x	x	x						internal
	How do these interactions create community for others and myself?		84	9-4	game	Card Matching	x	x	x				x		familiarity
	All societies have something to offer – I celebrate the good in mine.		85	9-5	art	Coming Home			B		x	x	x		ext./int.
	I am dependent on others past efforts and can build on them.		86	9-6	visualization	The view from here	B	B	x	x				B	ext./int.
	Elders are of great value to me and to my society.		87	9-7	visualization	Personal Elder Praises talk prep	B		x	B				x	ext./int.
	I can learn a lot from my grandparents and other elders.		88	9-8	gift/interview	Wisdom walking			x	x		B		B	action
	Promising to improve for a specific time helps me grow in that value.		89	9-9	for real	Practicing respect	B	B	x			x	B	x	action
	All want respect :myself, family, friends, school, others...		-	"		"									
	I am a part of life on earth and can show my respect by my actions.		90	9-10	for real	Practicing respect ctd – what on earth		x	x				x	B	action
	Different cultures have wisdom stories I can enjoy and learn from.		91	9-11	stories	Once upon a time – folklore treasury			x					B	external
	Everyone can make a significant impact for the good, including me.		92	9-11	videos	Karmability	x	x	x			B	B	x	external
	Forgiveness						1	2A	2B	3	4	5	6	7	notes
	Forgiveness is letting go of anger and reclaiming peace.		93	10-2	phrase	"I forgive then I feel better."	x	x			x	B	x		internal
	Everyone is connected & still learning how to be their best selves.		94	10-3	poem	Blue Marble Memory			B	B	x	x	x	x	external
	When I am stubborn I get resistance. When gentle, cooperation.		95	10-4	experiment	Magic quicksand	x	B	B	x	x	B		x	ext./int.
	Not forgiving others hurts me most of all. I can change how I feel.		96	10-5	movement	Book 'em / lay your burden down		x	x		B	B	x	x	ext./int.
	I make mistakes, everyone does. So we all need forgiveness.		97	10-6	art	Just perfect	x				x	x	B	B	external
	I can pause my reaction to improve a situation.		98	10-7	for real	Pause and question	x		x		x	B	x	x	ext./int.
	I can borrow peace from the future – more useful than worry.		99	10-8	for real	Borrowing peace from the future				B	x	B	x		internal
	I can see why I and others will be happier when not being selfish.		100	10-9	for real	Outgrowing childish choices			x				B		external
	Gratitude						1	2A	2B	3	4	5	6	7	notes
	I was born helpless, others helped me. My nature is interdependent.		101	11-2	phrase	"Thanks to those who wiped my nose."			B	x		x		x	ext./int.
	This human life is precious. I can be grateful for each day as I wake.		102	11-3	poem	If I were a slug		x			x	B			ext./int.
	I have been helped by so many people directly and indirectly.		103	11-4	consider	Glowing/growing with gratitude		B	B	x		x			external
	I overflow with gratitude for all the kind things others have done.		104	11-5	visualization	Lights and Wings		x	x			B		x	internal
	What I have depends on many others, many causes & conditions.		105	11-6	consider	Who touched my lunch		B	B						external
	We are all connected and interdependent.		106	11-7	game	It takes a village to make a sandwich			B				B		external
	Thinking of what went well makes me feel happier.		107	11-8	art	Gratitude and the greater good			x		B	B			ext./int.
	Saying thank you benefits me, the one I thank, and our relationship.		108	11-9	for real	I am fortunate right now. Thanks.	x		x			B	x	B	action
	Remembering joyful moments of the day makes me happier.		109	11-10	experiment	Make a memory, move a bean				x	B	B			ext./int.
	I was born helpless and I appreciate those who took care of me.		110	11-11	consider	Many thanks, parental units		x	x	B		B	x	x	external
	It feels good to repay kindness to those who were kind to me.		111	11-12	experiment	Say it to pay it		x	x				B	B	internal
	Each person is at once who they are now, were, and will be.		112	11-13	consider	Paddling your own boat	x			B		x	x		external
	Responsibility (Loyalty)						1	2A	2B	3	4	5	6	7	notes
	Being there for others creates a place for me to belong.		113	12-2	phrase	"Through thick or thin, count me in."			x					x	familiarity
	It feels good to be there for others when I am needed.		114	12-3	chant	Response-ability			x				x	B	external
	We are all interconnected.		115	12-4	game	Connections – pick up sticks		x	B						external
	What I do or don't do affects others, and others affect me.		116	12-4	experiment	Connections – floatilla		x	B						external
	I am part of a web of connections of others whom I affect each day.		117	12-4	art	Connections – The dashed path			B				x		external
	Being responsible means being steadfast, dependable, reliable...		118	12-5	word play	Unscramble responsibly			x						familiarity
	Responsibility has been valued across time and culture.		119	12-5	puzzle	Don't take my word for it, either		x	x				x	x	external
	Keeping my promises or not sends a message to those close to me.		120	12-7	for real	I say it => I do it. Got the message?	x	B	x				x	B	ext./int.
	Do I do what I promise? Do I do what is implied, asked, needed?		121	12-8	for real	Implied responsibility			x		x		x	B	internal
	I have an opportunity to decide what is needed and step up to do it.		122	12-8	for real	Find new ways – step up			x		x	x	x	B	action
	When is it responsible to change how I act based on who I am with?		123	12-9	for real	Am I turning green?	x				x				internal
	Cause and effect. Do I act differently in different environments?		124	12-9	experiment	Red cabbage...no, purple, no green		B	x						external
	How might responsibility appear for someone my age?		125	12-10	write/drama	Reptilian playwrights			x				x		familiarity
	I can aspire to be like the people I count on in tough situations.		126	12-11	visualization	We have a situation here...	B		x					x	ext./int.
	I can learn from role models who have made responsible choices.		127	12-11	read	My people, my family	x		x				B	B	external

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How We Find Meaning															
Principles															
	I find direction & guidance from rules I choose to keep me on track.		128	13-2	phrase	"I know my way. I walk my path."	x							x	familiarity
	(recap of all 16 positive phrases as poem)		129	13-3	poem	Positive principle reprise	x								familiarity
	On what do I usually base my decisions now? Do I consider others?		130	13-4	art	How we Find Meaning cards	x							x	internal
	This week did I see principles, aspiration, service, courage in action?		131	13-4	game	Card Matching	x		x				x		familiarity
	What are my principles? What rules would I write for a happy life?		132	13-5	write	Eight personal principles	B					x	x	x	internal
	My principles can act as a shield from bad advice or attitudes.		133	13-7	experiment	Shields up	x	x				B			external
	How do principles help people around me to make decisions?		134	13-8	art	Finding direction	x	x			x				external
	(recap of all 16 positive phrases as handclap)		135	13-9+	handclap	It's in my hands	x							x	familiarity
	Choosing my role models carefully gets me closer to my goals.		136	13-11	consider	Looking up, looking over	B				x		x	x	ext./int.
Aspiration															
	I am inspired to improve, evolve, become more as I go along.		137	14-2	phrase	"I strive to be a better me."	1	2A	2B	3	4	5	6	7	notes
	Everything is changing, even me, so anything is possible.		138	14-3	drama	Race for Rampal	B			B	x	x		x	external
	What would I do to help if I could do anything?		139	14-4	visualize/art	Visualize the possibilities	B	x					x	B	internal
	I can make things happen, I can help others make things happen.		140	14-4	experiment	You are powerful		B		x					external
	To aspire to be more is a common idea across time and culture.		141	14-5	puzzle	You know better than to take my word	B		x					B	external
	This is not a test. This is my own real life, and I can inspire others.		142	14-7	word play	Sentences to remember	x	x					x	x	familiarity
	(activity to remember the guidelines)		143	14-8	art	Show me the memory	x	x					x	x	familiarity
	I can remember key ideas with practice, then share.		144	14-9	storytelling	Tell me a story – circles in the sand	x							x	familiarity
	I can set goals to improve and achieve them – even difficult goals.		145	14-10	Group project	100 days or less: visualize, achieve	B		x	x		x		x	action
	Determination, striving, teamwork are paths to improvement.		-	"	"	"									
	I have ideas of important work I would like to do, I have strengths.		146	14-11	experiment	Note to self – inner voice	B		x					B	internal
Service															
	My day was not wasted if I helped someone with my time or energy.		147	15-2	phrase	"Giving time from my day can help..."	x						x	x	familiarity
	I have a choice if how I spend my energy and my life are worthwhile.		148	15-3	story	The third bowl	B	x	x	B			x	B	external
	I can pass along inspiring messages, and add my own gifts.		149	15-4	art	Tribute to the art of service							x	B	action
	Service is not an exact science. I don't have to be perfect to start.		150	15-4	word play	Decoding Einstein	x						x	x	external
	I have a unique and precious opportunity for positive impact.		151	15-5	experiment	Shifting sand	x	B		B				x	external
	Complaining makes me feel powerless, helping makes me feel good.		152	15-5	puzzle	Full service from bank to bank					x	x		B	external
	Service to others can give life meaning.		-	"	"	"									
	I traded a day of my life for what I did today. Was it worth it?		153	15-6	for real	Sand through the hourglass	x			B				x	internal
	How can I be of service whatever I have to do today?		154	15-6	for real	At your service								B	action
	Rejoicing feels good. How wonderful that people offer service.		155	15-7	art	What service! Plan, do rejoice	x					x		B	action
	Positive acts are contagious. Let's start something.		156	15-7	treasure hunt	Service, service, read all about it	x	x	x					x	external
	I feel better during bad times if I imagine I'm taking others' place.		157	15-8	for real	Breathing out peace					x	B	B	x	internal
	Service provided cheerfully feels better than a heavy sense of duty.		158	15-8	for real	Service with a smile	x					x	x	B	ext./int.
	I feel better about my troubles if I imagine it helps others out.		159	15-9	poem	Where does my good day go?					x	x	B		internal
Courage															
	Courage means doing the right thing even if its hard or scary.		160	16-2	phrase	"Let's think big, be brave, now begin"	x	2A	2B	3	4	5	6	7	notes
	Never give up! Life is short, so it's time to begin and be brave.		161	16-3	poem	Begin	B			x				x	external
	I need courage when I'm sick, mistaken, or doing something new.		162	16-4	experiment	Challenge to get it 'write'				x	x	B			internal
	When I need courage a calm mind helps me with the challenge.		-	"	"	"									
	It is not courageous to put myself or others at risk for no reason.		163	16-5	consider	Brave or irresponsible	B						x	x	familiarity
	I want to be aware of and grow my capacity for new challenges.		164	16-6	experiment	Stretch	x	x		x		x			ext./int.
	I can do more if I trust others, support others, and overcome fears.		165	16-7	game	Catch me			x			x	x	x	external
	I can learn what is dangerous & what I just have a habit of not liking.		166	16-7	promise	Don't bug me	B					B	x	x	action
	I feel stronger if I say, "it would be better if.." rather than "I should..."		167	16-8	for real	Dare to shed the should to keep power	x			x	x	B		x	internal
	Everyone makes lots of mistakes while learning something new.		168	16-9	for real	Fail faster – Fear of failure	x		x	B	x	x		x	internal
	Instead of "will I be good at it" I will ask "will I have fun, learn, help?"		-	"	"	"									
	I know someone who has done something courageous.		169	16-10	art	Caught you being good	x	x					x	x	external
	A happier life for myself and others is possible using these ideas.		170	16-11	for real	Live the legacy	B	x		x		B		B	action