Compassion: Open your heart and be compassionate to yourself and others.

Dignity: Recognize the dignity of every human being.

Equanimity: While acknowledging the ups and downs, try to find an even keel.

Forgiveness: Give forgiveness to those who have failed you or made you angry.

Gratitude: Keep in the front of your mind gratitude for all that you have.

Humility: Remember that you are no better and no worse than others you encounter.

Integrity: Value honesty and integrity and use it to guide your actions.

Justice: Acknowledge your obligations to those who are most vulnerable.

Kindness: Kindness does not require suffering, only the recognition of another’s humanity.

Love: And finally Love which contains and binds all. Let your heart be open to love yourself and give love freely to others.

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