

Ask yourself, What are some deeper *qualities* of living that I would like to experience more frequently in the weeks ahead, such as:

Appreciation	Goodwill	Reality
Beauty	Goodness	Renewal
Brotherhood	Gratitude	Resonance
Bliss	Harmony	Service
Balance	Humor	Simplicity
Calm	Humanitarianism	Serenity
Communion	Inclusiveness	Silence
Compassion	Joy	Synthesis
Creativity	Kindness	Trust
Detachment	Love	Tranquility
Energy	Light	Truth
Enthusiasm	Liberation	Understanding
Excellence	Order	Vitality
Freedom	Patience	Wisdom
Faith	Positiveness	Wholeness
Friendship	Power	Wonder
Generosity	Quiet	