

SELF

Awareness of our feelings & ability to reflect
Awareness of our uniqueness and self-worth
Happiness with who we are and a sense of joy in life
Awareness of disappointment, suffering and loss
Development of imagination and creativity
Sense of personal responsibility and human capacity for choice
Exploration of personal faith and beliefs
Ability to find inner strength when facing challenges



OTHERS

A sense of others as feeling, thinking persons
Ability to empathise with others
Showing generosity towards others
Loving all our neighbours, even when this is difficult



BEAUTY

Developing a sense of awe and wonder
Enjoying the miracles of everyday life
Taking time for what really matters
Appreciating beauty in art, music and nature
A sense of pattern, sequence and order



BEYOND (TRANSCENDENCE)

A sense of the mystery of life
Being intrigued by mystery
Open to an awareness of transcendence
Ability to explore life's big questions
Being comfortable with stillness, silence, reflection and prayer
Connecting with God
Making sense of the world

