

# Focus for Day 43 , March 13: I AM UNIQUE

*“Be yourself;  
everyone else is already taken.”*

Oscar Wilde, Playwright

Each of us has unique gifts—not just competencies-- that contribute to making a positive difference in the world.

Lissa Boles in her “soul mapping” work asks: *“What is the lesson I was put on the earth to teach? And, “How am I meant to heal and serve the world through my gifts?”*

I am willing to be of service by using the unique gifts I have been given.

## Reflection Questions:

- ❖ What is the distinct lesson I was born to teach?
- ❖ How am I using my personal history and natural gifts to express my unique calling?
- ❖ In what ways am I fully sharing my gifts as an individual expression of God’s Presence in the world?

## Action Step:

*I share my unique gifts by:*

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# Focus for Day 44 , March 14: I COOPERATE

*“Non-cooperation with evil is as much a duty as is cooperating with good.”*

**Mahatma Gandhi**

I am my brother’s and sister’s keeper. What happens to one, affects all.

We are all stakeholders in our interconnected global world. Our survival and the health of our planet depends on all of us working effectively together.

Dr. King’s “Beloved Community” is a global vision. He hoped all people would share in the wealth of the earth’s resources, as well as in the protection and stewardship of them.

## Reflection Questions:

- ❖ How will I cooperate more effectively as a member of the Beloved Community?
- ❖ In what ways does my livelihood support respectful labor and environmental practices, both locally and internationally?
- ❖ How do I support buying things at fair market value—instead of trying to get the best deal at the expense of others?

## Action Step:

***I cooperate with others to support common goals, especially by: \_\_\_\_\_***

# Focus for Day 45 , March 15: I SUPPORT MASTERY

*“Courage is resistance to fear, mastery of fear, not absence of fear.” Mark Twain*

To “master” something requires willingness, commitment, time and practice.

Four stages towards mastery include:

1. **Unconscious incompetence:** I have a blind spot. I don't know that I don't know.
2. **Conscious incompetence:** I am aware of what I do not know.
3. **Conscious competence:** I commit to practicing new skills, despite the frustration and the effort it requires to get better at it.
4. **Unconscious competence:** I have mastered the skill because I am able to do it effortlessly. It is integrated as a natural part of me.

## Reflection Questions:

- ❖ How do I begin the process toward mastery by recognizing my blind spots of unawareness?
- ❖ When I feel frustrated, what supports me to continue practicing new skills?
- ❖ How do I bridge the gap between what I know and what I am effortlessly able to do?

## Action Step:

***Rather than give up in frustration or fear, I commit to practicing a new skill until I master it, such as:***

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# Focus for Day 46, March 16: I AM COMPASSIONATE

*“Compassion for others begins with kindness towards ourselves.”* Pema Chodron, Buddhist Nun

The Avatar Compassion Card Project has distributed 10 million cards in over 72 countries to support compassion.

The cards invite me to view others as being just like me:

- They are seeking happiness in their lives.
- They are trying to avoid suffering.
- They have known sadness, loneliness and despair.
- They are seeking to fulfill their needs.
- They are seeking to learn about life.

## Reflection Questions:

- ❖ What increases my compassion and loving-kindness, toward myself and others?
- ❖ When I am tempted to judge others, what reminds me to remember that they are human, just like me with similar needs?
- ❖ How will I treat everyone with compassion, especially those I dislike?

## Action Step:

*I will demonstrate more compassion towards myself and others by:*

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# Focus for Day 47 , March 17: I AID DISARMAMENT

*“It is useless to dream of reforming society without a corresponding deep change in our inner lives.”*

**Dom Helder Camera, Brazilian Catholic Bishop**

When people asked what was expected of them, the Biblical prophet Micah replied:

*“Act justly, love tenderly and walk humbly.”*

Justice without mercy is vengeful. And, without humility, it is easy to become self-righteous.

I practice disarmament every time I support a just peace—both in how I treat myself, as well as others.

## Reflection Questions:

- ❖ Which situations particularly challenge me to act justly, love tenderly, and to walk humbly?
- ❖ How well am I walking my talk to practice disarmament whenever I interact with others?
- ❖ What action is needed to repair any breaches of respect, justice, integrity or compassion?

## Action Step:

***I support global and interpersonal disarmament. I will aid disarmament in my life by: \_\_\_\_\_***

# Focus for Day 48 , March 18: I AM ECOLOGICAL

*“The first law of ecology is that everything is related to everything else.”*

**Barry Commoner,  
Co-founder of the Environmental Movement**

Although mysteries remain, Commoner describes five basic laws of ecology:

1. Everything is connected to everything else.
2. Everything has to go somewhere.
3. Everything is always changing.
4. There is no free lunch.
5. Everything has limits.

Humankind is only one member of a larger ecosystem. We are part of a diverse, interdependent living community. I respect our ecology.

## Reflection Questions:

- ❖ How do I respect that I am interconnected to a living ecosystem?
- ❖ What am I willing to do to be a better steward of the earth’s resources?
- ❖ How will I reduce my carbon imprint and support international policies that protect the environment?

## Action Step:

***I will be more ecological and reduce, reuse and recycle more consistently by:\_\_\_\_\_***



# Focus for Day 49 , March 19: I HONOR

*"Be strong.*

*Live honorably and with dignity.*

*When you don't think you can, hold on."*

James Frey, Author of: *A Million Little Pieces*

To show honor means I demonstrate respect and appreciation. I recognize and affirm the unique gifts and contributions in myself and others.

Behaving with honor includes upholding high ethical standards of integrity while also treating others with dignity.

I maintain honor by not shaming others and keeping their reputation intact. I am thoughtful about what I say and post on social media and the internet. I honor other's privacy.

## Reflection Questions:

- ❖ How will I honor and show respect for who I am?
- ❖ In what ways will I honor others by treating them with dignity?
- ❖ How well do I uphold high ethical standards of integrity and protect other's reputation?

## Action Step:

***I demonstrate honor by showing respect and appreciation. In particular, I will honor: \_\_\_\_\_***