

LIFELONG GUIDELINES

- TRUSTWORTHINESS: To act in a manner that makes one worthy of trust and confidence
- TRUTHFULNESS: To be honest about things and feelings with oneself and others
- ACTIVE LISTENING: To listen with the intention of understanding what the speaker intends to communicate
- NO PUT-DOWNS: To never use words, actions, and/or body language that degrade, humiliate, or dishonor others
- PERSONAL BEST: To do one's best given the circumstances and available resources