

IT'S PERSONAL, NOT POLITICAL

IN TRYING TO BRING ABOUT CHANGE IN SITUATIONS OF CONFLICT, BUT ALSO IN OUR EVERYDAY LIVES, THERE ARE BRAVE CHOICES TO BE MADE EVERY STEP OF THE WAY.

DON'T BE AFRAID TO ASK DIFFICULT QUESTIONS OF YOURSELF AND OTHERS

- WE CAN CHOOSE TO CONFRONT THE COMPLEXITY OF THE SITUATION AND CHALLENGE OUR VIEWS OF THE "OTHER".
- WE CAN CHOOSE TO FIND OUR OWN PERSONAL ANSWER TO THE QUESTION "WHO AM I?"

ENGAGE WITH THIS PARADOX – CHANGE STARTS WITH YOU BUT ISN'T ABOUT YOU

- WE COULD CONSIDER THAT THERE ISN'T A MAGIC WAND OUT THERE TO CREATE THE CHANGE THAT WE SEEK. HUMAN BEINGS CHANGE THE WORLD. CHANGE STARTS WITH ME.
- WHEN WE FEEL THREATENED, AFRAID, OR DOUBTFUL OF OUR ABILITIES, IT CAN BE HELPFUL TO ASK "WHAT IF THIS DOESN'T HAVE TO BE ABOUT ME?"

ALLOW YOURSELF TO BELIEVE IN THE POSSIBILITY OF CHANGE

- BELIEVING THAT CHANGE WILL OCCUR CAN BE A POWERFUL WAY OF SHAPING OUR ACTIONS IN THE PRESENT. BELIEF DOES NOT NEED TO RELY ON EVIDENCE FROM THE PAST.

BE OPEN TO ENGAGING YOUR HEART AND NOT JUST YOUR RATIONAL MIND

- IT CAN BE IMMENSELY POWERFUL TO BRING PASSION, EXCITEMENT, HUMOUR, LOVE AND SERENDIPITY TO THE MOST DIFFICULT STRUGGLES.