

# Guideline 14 : Aspiration



Humility	Respect
Patience	Forgiveness
Contentment	Gratitude
Delight	Responsibility
Kindness	Principles
Honesty	▶ Aspiration 14
Generosity	Service
Thoughtful Speech	Courage
16 Guidelines for Life www.16Guidelines.org	

## Character Guide: Asta Aspiration

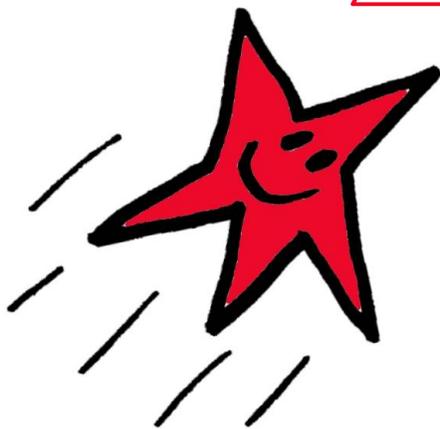


**Asta strives**  
to improve every day,  
inspired by nature, the arts,  
and the lives of others.



The guides' positive chants help you to remember the most important ideas. Say these over and over to remember them.

**I strive to be  
a better me.**



“If you do not change direction,  
you may end up  
where you are heading.”

-- Chinese philosopher Lao Tzu



## Race for Rampal

A short play about two sisters set in a summer field, to be read aloud by two people.

Jenny: (a small child, laying on her back, listening to her older sister play the flute, looking up at the clouds) Look at that one! It looks like a cat. Like our cat at the old farm. Oh, now it's going away. I wanted to draw a picture of it.

Sonja: (putting down her flute) But it's okay, now it looks like a swan. Do you miss our old cat?

Jenny: Yes, things are always changing like the clouds. Sometimes I don't like it.

Sonja: But sometimes you do, like at the beginning of the summer when you grew out of your old shoes and it made you mad at first...

Jenny: ...but then I got to wear your pretty shoes because I was big enough to fit into them....I also liked it when summer came and it wasn't dark so much anymore.

Sonja: At school they told us that even our skin is changing new cells for old, all the time.

Jenny: Won't I look like me when I get big?

Sonja: You will, just little changes all the time. A little taller, a little stronger.

Jenny: Good! I want to be the fastest runner and win races. What do you want to do?

Sonja: I want to play beautiful music on my flute, like Rampal. When I hear the music he played it makes me feel wonderful. I want to be able to do that, too. And, of course, I will come cheer you on at your races!

Jenny: Yes, yes, we can because everything is changing!

Sonja: If everything is changing, anything is possible!



## Aspiration Activities



“Aspire not to have more,  
but to be more.”  
-- Archbishop Oscar  
Romero, El Salvador

### Try it now: Secret Super Powers

Have you ever wished for super powers? Would you use them for yourself or to help your family, your friends, your community? Who would you be and what would you do? Anything is possible, so take your time to pick something really wonderful.



#### Imagine/Art Project:

#### Visualize the Possibilities

Sit quietly with eyes closed and imagine you are asleep in your own bed. Imagine it is early morning, and still dark. The sun is just peeking into your room. A ray of light slowly crosses the floor to land warmly on your face. The light is powerful and it contains the energy and ability for super human talents. All you have to do to get those talents is to take in your first deep hopeful breath of the morning, setting your intention to make the most of the day. Enjoy this powerful feeling as you inhale. Imagine what you will do today as a super hero. When you are ready open your eyes.

Draw a picture of your super hero self successfully accomplishing what you imagined. Write on your picture a positive affirmation describing the action such as, “I cure all sickness by flying from patient to patient and giving them my magic medicine!”

#### Experiment: You are Powerful

Try these two experiments to “feel the power”.

1. Set up blocks or dominoes on end, close together in a long line. Imagine they are each a positive action. Knock over the first one and watch the effect of what you started.
2. Inflate a balloon, rub it against your hair, explore the invisible power of static by sticking it to a wall. You have given the balloon the power to do what it could not do before.



**Try it now: You know better than to take my word for it!**



Six quotes on Aspiration from around the world have been cut in half. There are several difficulty levels to choose from as you match them back up. If you make it to Level 3 let us know! The answers are on the Instant Replay page.



**Puzzle/Game:**

**Matches on the 3<sup>rd</sup> Level**

Print out the following page on card weight paper, or print then glue to thicker paper. Cut into twelve cards along the lines. Reunite the two halves of the quotes.

- Level 1: Lay all cards out face up, and match them as a group effort.
- Level 2: Turn all cards face down and take turns turning over two at a time looking for a match. Play until all sets are matched.
- Level 3: Extend the game by adding cards from the two other sections with quote matchups (Generosity and Responsibility).
- Level 4: Find or write quotes about Aspiration or other guidelines to make your own cards.
- Level 5: Study the quotes and quiz each other by holding up the first halves and seeing who can remember the second halves.





<p>G14 – 1 Empowering goals are magnetic. They attract energies in your life that contribute to their fulfillment...</p>	<p>G14 – 2 Nothing would be done at all if one waited until one could ...</p>	<p>G14 – 3 We are the generation...</p>
<p>G14 – 4 When you reach for the stars, you may not quite get them,...</p>	<p>G14 – 5 Failure is not falling down;...</p>	<p>G14 – 6 We must be the change...</p>
<p>G14 – A ...we want to see in the world. – Mahatma Gandhi, India</p>	<p>G14 – B ...but you won't come up with a handful of mud either. -- Leo Burnett, USA</p>	<p>G14 – C ...we have been waiting for. -- Craig Kielburger, Canada</p>
<p>G14 – D ... do it so well that no one could find fault with it. – John Henry Newman, UK</p>	<p>G14 – E ...it is not getting up again. -- Mary Pickford, Canada</p>	<p>G14 – F ...and repel things that might distract you. -- Master Jou Tsung Hwa, <u>Dao of Taijiquan</u></p>

**Try it now: Remember, this is not a Test!**

What inspires you to get better at something or to accomplish more? When you see beautiful art or nature, when you hear wise words or when you see what others can accomplish in their lives you may have a flash of inspiration. Keep that flame alive, make a difference for yourself and others by acting on your inspiration and inspiring others. This moment is your chance, your own real life. It is not a practice run!

Ballet slippers?



You know you can affect other people. Just try yawning in a crowded room! If you could inspire others to be happier, would you want to do it? How would you quickly describe to your friends or your Grandma what the 16 guidelines are? You may help others to achieve happiness if you find a way to help them (and you) remember the list of the guidelines.

**16 GUIDELINES  
for Life**

- Humility
- Patience
- Contentment
- Delight
- Kindness
- Honesty
- Generosity
- thoughtful Speech
- Respect
- Forgiveness
- Gratitude
- Responsibility
- Principles
- Aspiration
- Service
- Courage

Word Play:	Sentences to Remember
Make a sentence or two where every word starts with the same letter as a guideline. First letters for guidelines 1-16 are HPCD KHGS RFGR PASC.	
Example: "Her Practical, Caring Doctor Kevin Has Given Sarah Really Fresh Grapes. Raisins Probably Also Save Children."	
Or, "Hopping Purple Cars During Kangaroo Holidays Gave Some Red Frogs Green Rashes, Particularly After Sunset Came."	
Crazy sentences are easier to remember. Practice decoding your own sentences back to the list of 16.	

You could write a poem, chant, story or song to remember the guidelines. Read The Gift of King Harmen fable to meet the characters and remember their order. It can be found [here](#) and [here](#).



When I want to say the guidelines from memory I end up using the names of the character guides. I chant,

Reach!

Hutri, Peglo, Cona, Deba.  
Kaipo, Hodi, Genca, Spibu.  
Resco, Fola, Graca, Riche.  
Prindi, Asta, Serzo, Cofi.

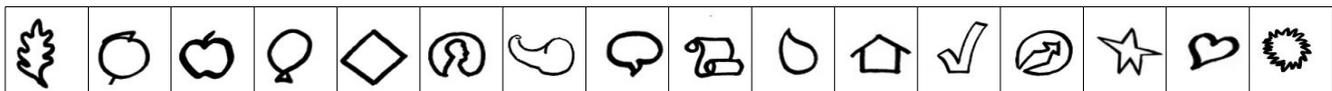


May you be inspired to create something of your own you can remember and share with others.

**Picture Play:**

**Show me the Memory!**

Create a drawing, photograph, painting, cartoon or poster to remember the guidelines. You could draw a simple cartoon story of 16 frames where one guide shows up in each frame. Circles in the Sand, an example of this kind of story, is given on the next page. You could make your story into a cartoon (or a sand story as we have done). You may think of another creative way to remember the guidelines. We'd love to see all your creations!



**Try it for real: Tell Me a Story**

Learn the story on the next page and tell it to someone while drawing the figures in wet sand or dirt or on paper. Begin drawing the icons for each guideline near the top of the circle (with the leaf for Hutri Humility) and go clockwise until you arrive back at the top. May your audience be inspired!





## Circles in the Sand

a 16 symbol sand story to be drawn as it is told.

In front of a white house, as if wanting to learn, a leaf at the tree top falls, floats through a school window and lands in a classroom on a globe waiting on the teacher's desk, surrounded by enough green apples for the celebration of a birthday. A smiling child holding two balloons takes an apple, walks to the window, and lets one balloon go outside.



Humility  
Patience  
Contentment  
Delight

The balloon floats up hitting a diamond-shaped kite sparkling in the sun, causing coins to fall from the kite to the ground where they land in a basket already filled with food for the poor. The basket, on the stage where the Mayor is giving a speech, also holds gifts for the people of the town, and bubbles for the children.



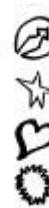
Kindness  
Honesty  
Generosity  
Thoughtful  
Speech

When the Mayor finishes reading aloud from an ancient scroll the crowd cheers, frightening a young child who begins to cry. As her tears are drying, the Mayor hands her a gingerbread house with money inside for her family in the form of a check. When she is older she will be able to have a good education.



Respect  
Forgiveness  
Gratitude  
Responsibility

The child is sleepy and points in the direction of home. The family walks through the twilight with stars shooting overhead and clover serving as a carpet of heart-shaped leaves below. Safely home the child picks a lone dandelion and blows the puffball seeds. The breeze lifts them to the tree top as leaves continue to fall.



Principles  
Aspiration  
Service  
Courage



## Try it for real: 100 days or less



What one thing would you like to achieve or improve on? Start with a general goal and then make it specific. 'Getting healthier' or 'getting better at basketball' could become a specific goal like 'doing 50 pushups in a row' or 'shooting 60% freethrows'. "Play guitar well" might be accomplished by 'practice 20 minutes each day.' Maybe you want to be less angry or to keep your room clean or to make three new friends. Your goal could be any positive thing about yourself you can imagine. Once you have determined your goal, try this group project.

### Group Project:

### Visualize It, Achieve It!

Set your goal. Ask two friends to choose their goals so you can support each other. Plan to work toward this improvement together for 100 days, checking in by phone, email or in person at least every three days. If 100 days seems too long, agree on something smaller like 50 days or 20 days. You may achieve something you thought impossible!

This really works. At the [Magic Tortoise](#) Taijiquan School people achieve goals each year using the [100 day program](#) and Master Jou, Tsung Hwa's four essentials for improvement (shown below). Do you think it is possible to touch your chin to your toe without bending your leg? Using these suggestions I did it in less than 100 days! Another year my music students and I achieved our goal of recording our own CD. I don't use the word "impossible" in quite the same way anymore. May you achieve and inspire more than you thought possible!



Photo by Tim Toombs

#### Know Yourself

Yao you zi zhi

#### Do Your Best

Jin li er wei

#### Don't Overdo It

Guo you bu ji

#### Make a Little Progress Every Day

Ri jin cun gong

日過盡要  
進猶力有  
寸不而自  
功友爲知

Calligraphy by  
[Almanzo Lamoureux](#)

## Try it for real: Listen to your Inner Voice...and take Notes



“All of this will not be finished in the first one hundred days, nor will it be finished in the first one thousand days, nor even perhaps in our lifetime on this planet; but let us begin.” -- John F. Kennedy, Jr., USA

At 12 years old Craig Kielburger of Canada was inspired to begin to help exploited children around the world. Now his organization [Free the Children](#), funded and staffed by children and youth, has built over 450 schools and inspired more than a million young people to get involved. You have the unique ability to help someone see their purpose, to move them to action that would be helpful, even amazing. That person is yourself! What is your passion, something you feel strongly about? What are your strengths? If you listen to your inner voice you can turn these into action to help humanity evolve.

### Notice:

What do you want to set in motion? This week listen to your inner voice. Make a note whenever you have a little flash of inspiration that there is some important work to begin or whenever you notice one of your own strengths. At the end of the week, talk with an adult about how you might take a first step to translate this potential into action.

### Note to Self



“Find your gift.  
Find your passion.  
Put them together and you  
will change the world.”

-- Craig Kielburger,  
Canada



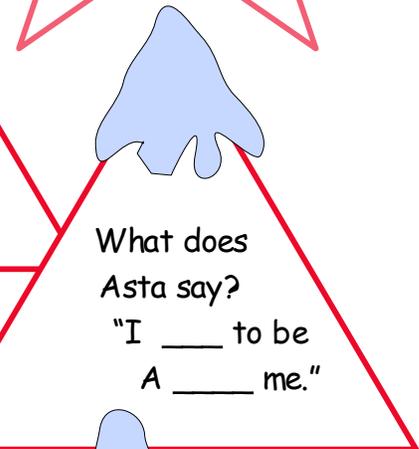
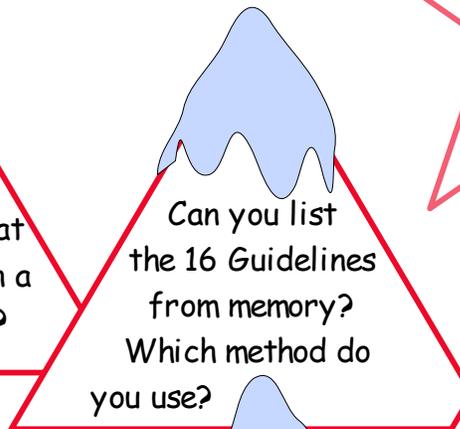
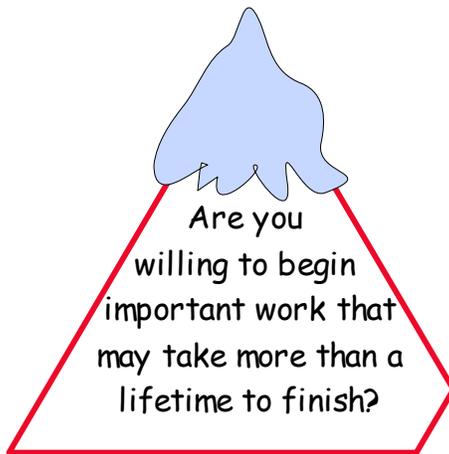
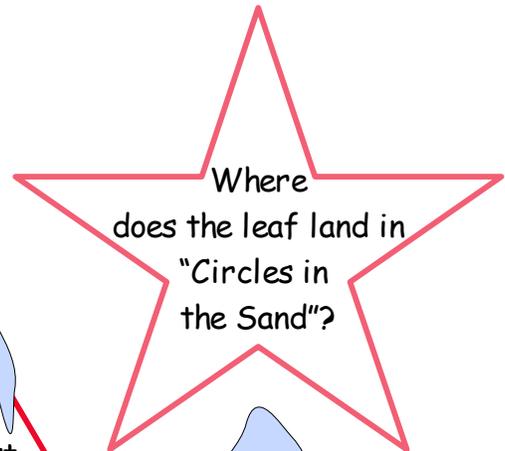
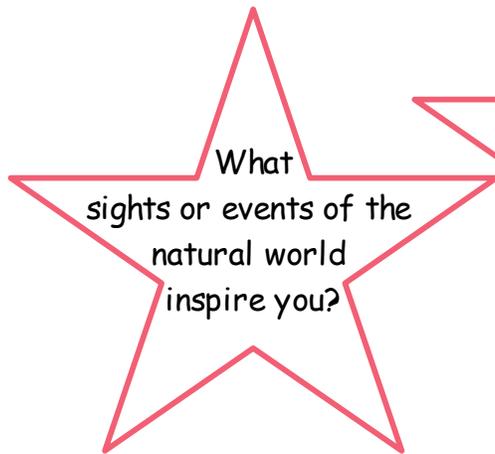
Hutri learns,  
Peglo waits calmly,  
Cona appreciates,  
Deba enjoys.

Kaipo cares,  
Hodi trades fairly,  
Genca shares,  
Spibu speaks carefully.

Resco respects,  
Fola forgives,  
Graca thanks,  
Riche steps up.

Prindi finds direction,  
Asta strives,  
Serzo serves,  
Cofi braves.

## Instant Replay for Aspiration:



Answers to quote matching:  
1F 2D 3C 4B 5E 6A

