

## 16 Guidelines for Life -- A2: One Page Summaries

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## 16 Guidelines for Life -- Definitions

Humility	Possessing a quiet strength which allows us to learn from everybody, keeps us from being too proud, and reminds us not to think or act as if we are better than other people.
Patience	Calmly taking our time. Controlling our reactions and keeping our peace of mind. Being tolerant, learning to wait until conditions are right for changes. Valuing diversity.
Contentment	Appreciating all we have instead of looking toward the next thing we want. Living with a quiet joy. Moderation. Balance. Not overdoing it.
Delight	Rejoicing in everyday fun, the simple beauty all around us, and celebrating bigger joys. Happiness for our own good experiences and joy in the good fortunes of others.
Kindness	Helping others to be happy by treating them well. The golden rule in all its forms.
Honesty	Telling the truth. Being fair and honorable in our dealings with people, money and possessions.
Generosity	Sharing what we have to benefit others. Being unselfish. Realizing our actions affect others.
Thoughtful Speech	Speaking skillfully and not talking too much. Thinking before we speak so we don't harm with our words.
Respect	Valuing others, especially those with experience and knowledge, like elders and teachers. Realizing our dependence on the efforts of others. Being polite.
Forgiveness	Reclaiming peace of mind by letting go of anger toward someone who has done something that feels hurtful or disturbing.
Gratitude	Feeling appreciation and showing thankfulness for what others (especially parents) have done for us.
Responsibility	Being a person who can be counted upon. Dependability. Reliability. Steadfastness.
Principles	Choosing to use guidelines or rules to help make the tough decisions in life.
Aspiration	Striving to become better than we are. Being inspired to improve, to evolve, to become.
Service	Happily giving our time to people, projects and causes to help others.
Courage	Having the bravery to do the right thing even when it is difficult or scary.

## 16 Guidelines for Life -- Positive Chants

Hutri Humility	Each of you gives me a lesson.
Peglo Patience	I'm like water, patient, still, searching for the path downhill.
Cona Contentment	I have what I need, if I don't feed my greed.
Deba Delight	No need to wait let's celebrate. My joy times two, when I'm happy for YOU!
Kaipo Kindness	Care for others. Keep trying.
Hodi Honesty	Honesty works best for me.
Genca Generosity	I can share my stuff. I have enough.
Spibu Thoughtful- Speech	When I'm wise I think more, speak less.
Resco Respect	Let's honor each who guide, or teach.
Fola Forgiveness	I forgive then I feel better.
Graca Gratitude	Thanks to those who wiped my nose.
Riche Responsibility	Through thick or thin, count me in.
Prindi Principles	I know my way. I walk my path.
Asta Aspiration	I strive to be a better me.
Serzo Service	Giving time from my day can help in some way.
Cofi Courage	Let's think big, be brave, now begin!

Emphasize black syllables as in the recording noted on the following page.

## 16 Guidelines for Life -- Song/Sound Links

Audio recordings can be found by clicking [here](#).

This will take you to a page on the 16 Guidelines website where the latest recordings can be found:

[http://www.16guidelines.org/wiki/index.php/Ready\\_Set\\_Happy](http://www.16guidelines.org/wiki/index.php/Ready_Set_Happy)

At the time of publication of this Appendix 2, you can access preliminary recordings of these songs/chants:

'16 Positive Chants' song for melodies for all 16 chants -- from Principles

'Belly Blues' song -- from Contentment

'Combo Rap Track' including...

'Giggle Rap'	rap	-- from Delight
'Pocket Change Chant'	chant	-- from Honesty
'Response Ability'	chant	-- from Responsibility
'It's in my Hands'	handgame	-- from Principles

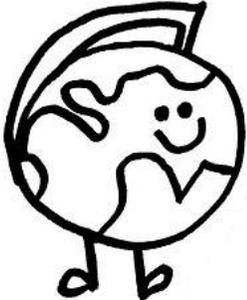
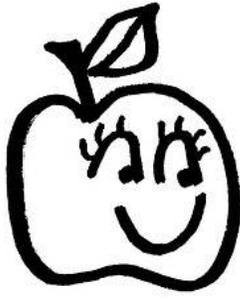
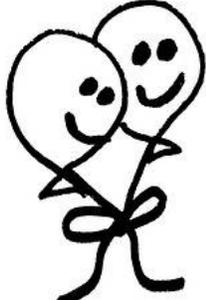
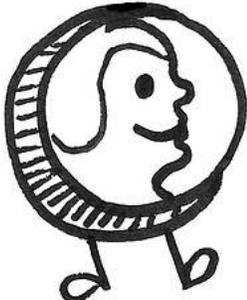
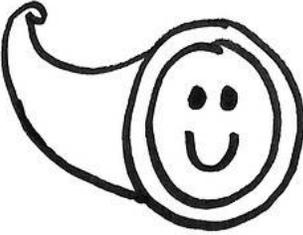
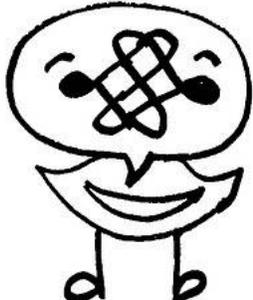
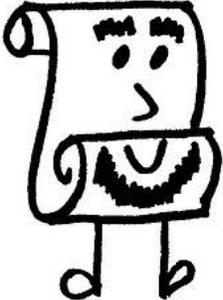
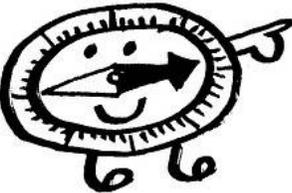
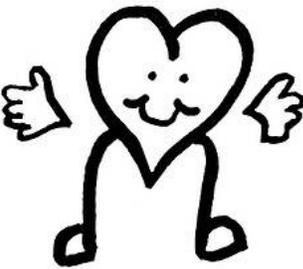
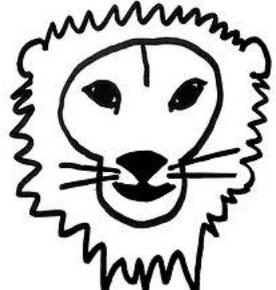
More Recordings Coming Soon:

New versions of the songs above, including individual files for each of the 16 positive chants and each of the four rap/chants, and...

'Point of View' and 'Patience Puzzle'	poems	from Patience
'Ripples'	poem	from Generosity
'Blue Marble Memory'	poem	from Forgiveness
'If I were a Slug'	poem	from Gratitude
'Positive Principle rePrise'	poem	from Principles
'Circles in the Sand'	story	from Principles
'The Third Bowl'	fable	from Service
'Where Does my Good Day Go?'	poem	from Service
'Begin!'	poem	from Courage
'The Gift of King Harmen'	fable	All Guidelines

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16 Guidelines for Life -- Meet the Character Guides

How we Think	 <p>Hutri Humility</p>	 <p>Peglo Patience</p>	 <p>Cona Contentment</p>	 <p>Deba Delight</p>
How we Act	 <p>Kaipo Kindness</p>	 <p>Hodi Honesty</p>	 <p>Genca Generosity</p>	 <p>Spibu Thoughtful-Speech</p>
How we Relate	 <p>Resco Respect</p>	 <p>Fola Forgiveness</p>	 <p>Graca Gratitude</p>	 <p>Riche Responsibility</p>
How we find Meaning	 <p>Prindi Principles</p>	 <p>Asta Aspiration</p>	 <p>Serzo Service</p>	 <p>Cofi Courage</p>

# 16 Guidelines for Life -- Icon Wheel

## Part IV:

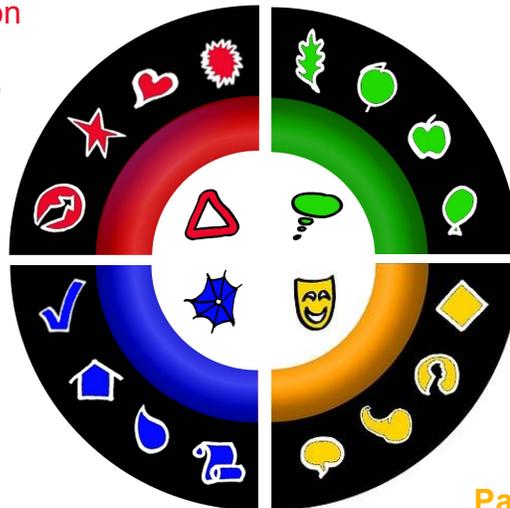
**How we find Meaning in Life -**  
steadies us in a changing world.

- 13 Principles
- 14 Aspiration
- 15 Service
- 16 Courage

## Part I:

**How we Think -**  
determines how we feel  
inside ourselves.

- 1 Humility
- 2 Patience
- 3 Contentment
- 4 Delight



## Part III:

**How we Relate to Others -**  
connects us to our community.

- 9 Respect
- 10 Forgiveness
- 11 Gratitude
- 12 Responsibility

## Part II:

**How we Act -**  
impacts on ourselves and others.

- 5 Kindness
- 6 Honesty
- 7 Generosity
- 8 Thoughtful Speech

16 Guidelines for Life -- Guideline Icons

	<b>Humility</b>
	<b>Patience</b>
	<b>Contentment</b>
	<b>Delight</b>
	<b>Kindness</b>
	<b>Honesty</b>
	<b>Generosity</b>
	<b>Thoughtful Speech</b>
	<b>Respect</b>
	<b>Forgiveness</b>
	<b>Gratitude</b>
	<b>Responsibility</b>
	<b>Principles</b>
	<b>Aspiration</b>
	<b>Service</b>
	<b>Courage</b>

## 16 Guidelines for Life -- Character Guide Knowledge

### How we Think – determines how we feel inside ourselves.

Humility	<b>Hutri learns</b> from all and knows that each leaf is important to help the tree.
Patience	<b>Peglo waits calmly</b> , trusting changes take time. He values each life and the planet.
Contentment	<b>Cona appreciates</b> what she has already, so she doesn't need to grab for more.
Delight	<b>Deba enjoys</b> herself and celebrates the joy in others' lives.

### How we Act – impacts on ourselves and others.

Kindness	<b>Kaipo cares</b> about others and acts in a considerate, helpful way.
Honesty	<b>Hodi trades fairly</b> and tells the truth.
Generosity	<b>Genca shares</b> what she has, giving with a smile.
Thoughtful Speech	<b>Spibu speaks carefully</b> , using his few words to help, not harm.

### How we Relate to others – connects us to our community.

Respect	<b>Resco respects</b> teachers and the elderly and honors the wisdom in everyone by being polite.
Forgiveness	<b>Fola forgives</b> , releasing anger and hurt, and reclaiming peace.
Gratitude	<b>Graca thanks</b> and appreciates her parents, and others who help her.
Responsibility	<b>Riche steps up</b> to do what needs to be done -- others can count on him.

### How we find Meaning in Life – steadies us in a changing world.

Principles	<b>Prindi finds direction</b> and guidance from rules he chooses to help him set his course.
Aspiration	<b>Asta strives</b> to improve every day, inspired by nature, the arts, and the lives of others.
Service	<b>Serzo serves</b> others, volunteering his time and creative energy.
Courage	<b>Cofi braves</b> difficulties and challenges to do the right thing.

# 16 Guidelines for Life -- Summary Poster



## 16 Guidelines for Life -- Media Suggestions

A wealth of materials exist to supplement learning about each of the guidelines. Here are some suggestions for a few places to start looking. Let us know of others! Adults, please preview materials first (especially movies) for age appropriateness.

### Books/Stories

Children's novel illustrating one guideline per chapter, from [www.essential-education.org](http://www.essential-education.org)  
Book for adults 16 Guidelines for a Happy Life UpClose from [www.essential-education.org](http://www.essential-education.org)  
Ask if books at your library are organized by character trait.  
Look at picture books for authors such as these:  
    de Paola, Rafe Martin, McDermott (Anansi stories), Polacco, San Souci, Yolen  
Check out these series:  
    Life's Little Instruction Books, Chicken Soup for the (little) Soul books.  
See Aesop's fables in the library or online here -- <http://aesopfables.com/aesopsel.html>  
Read these stories online which are searchable by several traits:  
<http://www.learningtogive.org/materials/folktales/trait.asp>

### Comics

Read the comics in the newspaper. See which ones relate to a guideline. A fun activity to do with teens.

### Online Videos

Check out those collected at [karma-tube.org](http://karma-tube.org) such as this one related to Humility:  
    Powers of 10 <http://www.karmatube.org/videos.php?id=198>  
Search for guideline names for more.

### Music Videos

Check out those collected at [karma-tube.org](http://karma-tube.org) such as the Sarah McLachlan 'World on Fire' video which cost \$15 to produce and the rest of the budget was donated to charity.  
<http://www.karmatube.org/videos.php?id=25>  
In particular, watch these two about Kindness:  
    'What about me?' <http://www.karmatube.org/videos.php?id=118>  
    'If Everyone Cared' from Nickleback <http://www.karmatube.org/videos.php?id=38>  
Search for guideline names for more.

### Movies

Ask at your video store or search online for the themes of the guidelines.  
See the movies suggested by Random Acts of Kindness Foundation here:  
[http://www.actsofkindness.org/people/whats\\_new/news\\_detail.asp?id=193](http://www.actsofkindness.org/people/whats_new/news_detail.asp?id=193)

### Old Television Series on DVD

Kung Fu – watch this with your children to show timeless themes in changing times.

### More Activities

other Children's Kit components from [www.essential-education.org](http://www.essential-education.org)  
Maitreya School Curriculum Awareness Activities from [www.essential-education.org](http://www.essential-education.org)  
16 Guidelines Wiki at [www.16guidelines.org](http://www.16guidelines.org)