

I am kind, honest, and generous;
that is what defines my *Spirit* in the world.

I am healthy and radiate *Beauty*;
that is my physical foundation.

I live fully in each moment with deep awareness of *Forever*;
that is my expression of intelligence.

I give a spark of *Light* to inspire people;
that is my expression of creativity.

I spend time with people who bring out the best in me;
that is my expression of *Love*.