

# See Clearly (with an) Open Heart

Level 1

**Balance**

**Clear Perception**

**Commitment to Truth**

**Inclusion and Connection**

Allows us to be fully ourselves, access gifts, function at full capacity

Allows us to see and experience what is relevant

Helps us realize what is true, meaningful, and important

Helps us realize the benefits of working together

Physical

Emotional

Mental

Components of Clear Perception

Flexible Frame, Clear Filter, & Adaptive Focus

Compassion

Personal Responsibility

Hope

Humility

**Heart**

- Authentic
- Caring concern
- See dignity, value and potential of all life
- Quality in work & relationships
- Full experience of emotion & pain
- Capacity for forgiveness
- Awareness of interconnectedness
- Non-attachment

**Mind**

- Clear basis for understanding
- Vertical depth
- Horizontal breadth
- Grounded in shared experience
- Accept uncertainty
- Concept informed by experience
- Open to input

- See dignity, value and potential in each person
- Values, principles, and purpose guide decision making
- Participation, justice, transparency
- Open and clear communication
- Promote autonomy, mastery and self-improvement
- Quality in work and relationship
- Responsive, adaptive incremental planning and decision making with clear direction
- Focus on direction rather than goals
- Recognize strength and potential of community

Truth is the whole picture - must acknowledge that we only ever see or understand partially