



The Red Boot Way

11 Steps

Step One: I am essential to myself, my family, and my community. *I matter.*

Step Two: I possess the power to positively influence all those with whom I come into contact. *I am empowered.*

Step Three: I am wonderfully and imperfectly human, with my own story and experiences. *I am transparent.*

Step Four: I can choose what and whom I allow to influence my mind, body, and personal environment. *I am intentional.*

Step Five: I approach those I meet with positive intent and likewise assume they come to me with positive intent. *I am open.*

Step Six: I am more peaceful and centered when I take time every day to be in stillness. *I am grounded.*

Step Seven: I humbly put aside my own agenda and listen with my whole heart before responding. *I am present.*

Step Eight: I approach my life and those in it with wonder and curiosity. *I am curious.*

Step Nine: Expressing gratitude is essential to my well-being and the well-being of my community. *I am grateful.*

Step Ten: When I practice these steps on a regular basis I gain and experience compassion for myself and others. *I am compassionate.*

Step Eleven: Living my life as outlined in these eleven steps positively impacts my life and the lives of those around me. I feel a new and joyful responsibility to serve my community. *I am engaged.*