

- Walking / Running
- Sports: athletic activities
- Nourishment + Rejuvenation

- Relationships, friendships
- Compassion
- Peace, harmony, reconciliation



- Meditation / Prayer / Self-Reflection
- Inner Wisdom / Higher Power
- Sacred symbol, metaphor
- Hope, Vision for the future

- Logic – “What makes sense?”
- Philosophy, Science
- Study, read, investigate ideas & assumptions