

## Helping: What Living's About.

It's that simple; it's not easy, but it is possible when we pay attention, assess the situation, consider our options, then choose the better by...

- Helping ourselves become our better self.
- Helping others in becoming their better selves.
- Helping the planet continue as our vital home.

While life begins in a moment – at conception or birth or in between – living begins when we first realize we are responsible for our behavior and accountable for our actions. It happened to me when my first love dumped me because I was a jerk.

It takes courage to live our better way. Not the bravery needed in mortal combat, but a personal resolve to live as who we really, really, really are, in the moment, no matter what, then helping.

We're on a quest to live our best  
To find our joy, to feel the zest  
Which flows in life as our[true]self  
Embracing what is on our shelf.

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Fifteenth Edition

an exploration with

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