



## TIME FOR MORE?

- **More Accountability** Personal accountability is taking ownership and embracing the belief that you are fully responsible for the consequences resulting from your choices, behaviors, and actions. It's a mindset and an expression of integrity. Accountability is not a one-time, sometimes thing; it's an all-time thing.
- **More Action** Act now, and act as if what you are doing makes a difference – because it does. The world changes according to the way people see it, and if you can alter, even by a millimeter, the way people look at reality, then you can change the world. Do what you can, with what you have, where you are. *"Start by doing what's necessary; then do what's possible, and suddenly you are doing the impossible."* –St. Francis of Assisi.
- **More Activism** A connected, purpose-driven community on a mission focused on positive change, no matter the issue, has proven time and time again that when passionate people work together they bring back the light where darkness temporarily has taken hold, and together they bend the arc of history back toward the good.
- **More Appreciation** The good news is that we have complete control over our appreciation. No budget limitations or excuses here - there are literally thousands of ways to demonstrate our appreciation at little or no cost. Find ways that are natural and comfortable for you to demonstrate your appreciation since your authenticity is the key.
- **More Authenticity** To be authentic, we must cultivate the courage to be imperfect –and vulnerable. We must believe that we are worthy of love and acceptance, just as we are. We must be open, honest, and direct in the here-and-now.
- **More Citizenship** As citizens, history just doesn't happen to us, we make history together. Our shared values guide our actions and our choices, and they, in turn, shape our character, which in turn shapes history. It's time to dust off our founding principles and celebrate, elevate or refresh them. Imagine if we all use the power of our voice by voting and the value of our time volunteering devoted to a cause for good.
- **More Commitment** What dream or goal have you not committed to wholeheartedly? Whether it's to write a book, start a blog, become an entrepreneur, or travel, now is the time to start thinking about how to make this goal a priority in your life and truly commit to making it happen. Try this: Take a moment now to [...]

- **More Compassion** As we are bombarded with the sensationalism of every slight eventuality, the spew of pontificating pundits, and the celebration of violence as entertainment, we must show and demonstrate more care and concern for the suffering and misfortunes of those who are impacted by crisis. True compassion means not only feeling another's pain but also being moved to help relieve it.
- **More Connection** Somehow we've come to equate success with not needing anyone. Many of us are willing to extend a helping hand, but we're very reluctant to reach out for help when we need it ourselves. It's as if we've divided the world into "those who offer help" and "those who need help." The truth is that we are both. We need like-minded people around us who are also trying to honor our values. Connection and community give us the support to face challenges.
- **More Courage** As humans, we make meaning out of our experiences by telling stories to ourselves about how the world operates. But here's the important part: Those stories might not be *objectively* true. They are more like your personal lens on life, coloring your experiences just as if you were wearing sunglasses. Your stories have everything to do with how you see yourself and the world—whether you're a victim or a survivor, whether an experience is dangerous or an opportunity, and whether you have the capacity to develop more courage or you are "just not very brave."
- **More Curiosity** The impulse to seek new information and experiences and explore novel possibilities is a basic human attribute. When our curiosity is triggered, we think more deeply and rationally about decisions and come up with more creative solutions. Curiosity encourages members of a group to put themselves in one another's shoes and take an interest in one another's ideas rather than focus only on their own perspective. By asking questions and genuinely listening to the responses, we cultivate trust and closer relationships. Let's approach the unknown by replacing judgment with inquisitiveness.
- **More Dignity** Everyone is born with it. Dignity is our inherent value and worth as human beings. Our shared desire for dignity transcends all of our differences, putting our common human identity above all else. The glue that holds all of our relationships together is the mutual recognition of the desire to be seen, heard, listened to, and treated fairly; to be recognized, understood, and to feel safe in the world. Dignity has the potential to change the world, but only if we spread its profound message – that we are born invaluable, priceless, and irreplaceable.
- **More Diversity** Let's recognize and appreciate that diversity is a whole that is greater than the sum of its parts, which include race, ethnic origin, and color, religion and creed, sexual orientation, age, and ability, to name but a few. As ever-evolving creatures in an ever-changing world, the innumerable aspects of our humanity - all our ways of being, knowing, and moving through the world - are contained in this one concept.
- **More Emotional Intelligence** We must be deeply and sincerely emotionally intelligent, starting with an ongoing commitment to developing self-knowledge. Have the bravery and strength to take a good, hard look at yourself and understand more about the roots of your core thoughts, mindsets, values, and behaviors. And examine in a much more intimate way than ever before just how your past has shaped you. When you commit to growing in your self-knowledge, with eyes wide open, your entire approach to your life and relationships will transform.
- **More Empathy** Let's develop the ability for humans to understand, share, and acknowledge how others are feeling and understand how our words and actions impact others and let's open the door wide and

build more togetherness. Let's design a class for empathy that's taught in every classroom, every academy, every corporate and government training agenda.

- **More Faith** It's easy to lose hope in this upside-down world full of poverty, war, and pain. Love, under these conditions, can seem pointless—even weak. But it's just the opposite. The strongest, most inspiring people in history are the ones who chose to love regardless of their circumstances. What gives some people the ability to love where others fail? Faith. Faith is the decision to love, no matter the circumstances. And the more you choose love, the greater your faith will grow.
- **More Forgiveness** It is not hard to imagine how it would be of enormous benefit to humanity to cultivate forgiveness as it is an antidote to our predisposition toward revenge and avoidance. Forgiveness is good for our health, our relationships, our souls, and peace in the world and that's reason enough to convince virtually anyone to do the work of letting go.
- **More Gratitude** Cultivating gratitude matters. We affirm that there are good things in the world, gifts, and benefits we've received. When we look at life as a whole, gratitude encourages us to identify some amount of goodness in our life. We recognize the sources of this goodness as being outside of ourselves. We can appreciate positive traits in ourselves, but true gratitude involves a humble dependence on others: We acknowledge that other people—or even higher powers, if you're of a spiritual mindset—gave us many gifts, big and small, to help us achieve the goodness in our lives.
- **More Hope** Living a hopeful life is to recognize that everything and everyone matters. That includes you since you are part of the hopefulness in the world. Taking care of yourself matters. The quality of the work you do matters. It matters how you are treated and how you treat others. Each one of us is a small mirror of talents, love, and joy that we have to offer each other to create our world. So hope is energy – your positive energy, your talents, value, and your soul. It is the lifeblood of the human race.
- **More Humility** Imagine if we all put the needs of others first, talked about ourselves and our needs less. A keen sense of humility is vital to great because it authenticates a person's humanity. We are all human, and therefore, all flawed and vulnerable in our own unique ways. Great leaders have a depth of understanding, garnered from their experience, as to where their inherent strengths and weakness lie. This type of self-awareness is paramount to the development of humility. Being self-revealing is what brings people into connection. It is what makes people feel safe and accepted, and it is the part of each person that is open to guidance, coaching, and self-improvement.
- **More Kindness** Being kind is often dismissed as a weakness. Of course, it is; we live in a competitive environment that emphasizes winning at any cost. Kind people prefer to risk being open rather than turning inward and focusing solely on their own concerns. This is a new kind of bravery—an everyday heroism to counter the general culture of cynicism.
- **More Listening** The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them. Active listening involves more than just hearing someone speak. When you practice active listening, you are fully concentrating on what is being said. You listen with all of your senses and give your full attention to the person speaking. When you practice active listening, you make the other person feel heard and valued. In this way, active listening is the foundation for any successful conversation.
- **More Love (Understanding)** Imagine a world where more people chose understanding and truth rather than reaction and conflict. But ultimately imagining it is not enough; it's a good start, but we need

to act. We need to live and engage in life from our hearts. Understanding creates a mental shift enabling us to replace reactive emotions and disconnection with compassion and connection. Understanding at its deepest level is just like love—an unconditional understanding of another's humanness. We don't have to know their story, but we can appreciate they're going through the human experience, just like us.

- **More Mattering** As humans, connection is the key to our contentment, happiness, sense of value, sense of belonging. Without it we're floundering; chasing the next source of approval or self-worth or self-gratification. With a thoughtful note, a quick call, or a simple email you can tell someone near or far that **they matter**. As the saying goes, it's the little things that mean the most. It's a simple sentiment with the power to encourage, uplift, and vanquish loneliness.
- **More Observation** (with Detachment) Detachment is the basis of our ability to be positive and affectionate with others while we interact with them. The inner art of detached observation is the ability to separate ourselves from our own thoughts, emotions, attitudes, and behavior. On the external level, the art of detached observation is the art of being witness to the scenes that take place around us. While we detach ourselves and observe how the game of life develops, without being active participants, we are able to see the "big picture" with greater clarity.
- **More Perseverance** It's about being determined to keep on going in the face of setbacks and challenges. It is that inner drive that keeps you in the game when everything else says it's time to quit. Perseverance is the staying power to follow through and exert effort until the end to achieve your goals, dreams, and vision. You may not know for sure when you'll get there or what you will discover along the way, but perseverance will ensure you keep going long enough to find out.
- **More Purpose** True purpose is about recognizing your own gifts and using them to contribute to the world –whether those gifts are playing beautiful music for others to enjoy, helping friends solve problems, or simply bringing more joy into the lives of those around you. Genuine purpose points to the end of a self-absorbed, self-serving relationship to life. The equation for purpose is  $G + P + V = P$ . (*gifts + passions + values = purpose*)
- **More Reasoning** Reasoning is our capacity to consciously make sense of things by applying logic and adapting based on new or existing information, and it is considered to be a distinguishing ability possessed by humans. Surrounded by so much information and misinformation, we need to apply critical thinking to rationally separate fact from fiction. Along the way, let us find the right balance between thinking and feeling.
- **More Respect** Ask yourself, "How am I showing up today, and do I like who I am and what I'm modeling as my core values and behaviors? Eliminating active disrespect—such as rude, insulting, or devaluing words or behaviors—doesn't create respect. Respect is an action: we *show* respect, we *act* respectfully, we *speak* with respect. The absence of disrespect doesn't have the same positive impact in resolving disagreement, conflict, or tension as does the presence of respect.
- **More Sanity** Recognize that almost all humans aren't perfectly rational all the time, nor motivated to change the world nor themselves for the better. Focus on what's in your control. While changing the world may not be in your control, you can certainly control how you act, how you react, how you operate, and how you cooperate. Maintain your sanity by accepting reality, taking positive steps every single day, maintaining realistic expectations. And always be grateful for progress, no matter what.

- **More Service** How often do we think, “What will I accomplish today?” or “What will the day bring for me?”, nothing at all wrong with these questions. But what if we woke up every morning and instead said, “How may I serve today?” What would open up for us, and others, if we commit to making things happen around this intention?
- **More Sustainability** Sustainability focuses on meeting the needs of the present without compromising the ability of future generations to meet their needs. The concept of sustainability is composed of three pillars: economic, environmental, and social—also known informally as profits, planet, and people. Let's Walk. Let's Plant. Let's Recycle. Let's unplug devices. Let's compost. Let's donate. Let's advocate for the environment. Let's eat local. Let's borrow or fix. Let's lower our thermostat. Let's buy products with less packaging. Let's simply do more with less.
- **More Trust** Trustworthiness has two components—doing the right things and doing things right. It's the foundation of respect. Tell the truth, be open and thoughtful, and have the courage to do the right thing even when it's not easy.
- **More Uprooting of Racism & Inequality** At its core, racism is a powerful system that creates false hierarchies of human value; its warped logic extends beyond race, from the way we regard people of different ethnicities or skin colors to the way we treat people of different sexes, gender identities, and body types. Racism intersects with class and culture and geography and even changes the way we see and value ourselves. Let's focus on all forms of racism clearly, understand their poisonous consequences, and work to oppose them in our systems and in ourselves.
- **More Virtue** By definition, virtue is the moral excellence of a person. Morally excellent people have a character made up of virtues valued as good. They do the right thing, and don't bend to impulses, urges, or desires, but act according to values and principles. Virtues need to be cultivated to become more prevalent in life.
- **More Voices** Many of us are familiar with the African proverb, “it takes a village to raise a child.” The truth is, it “takes a village” to achieve just about any meaningful change in our world—from fighting disease to uniting for peace. And not simply a village of like-minded people who already understand and embrace our quest for humanity, but fresh voices bringing new ideas, contrarian opinions. In our highly fragmented world, we know that the most effective change-makers inspire participation at a broader and deeper level.
- **More Vulnerability** The best part of being human is being able to connect with other humans. We're hardwired for it. We live in tribes and families, work in groups, love as couples, and thrive in friendships. Vulnerability is an openness to experiences, people, and uncertainty. Question your beliefs. Challenge whether or not they're still working for you. What could happen if you open up, take a chance, let yourself be vulnerable? Vulnerability is the driving force of connection. It's brave. It's tender. It's impossible to connect without it.

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