

Part IV : How we find Meaning in Life



How we find meaning in life...
steadies us in a changing world.



16 Guidelines for Life
www.16Guidelines.org

- 16 Courage
- 15 Service
- 14 Aspiration
- 13 Principles



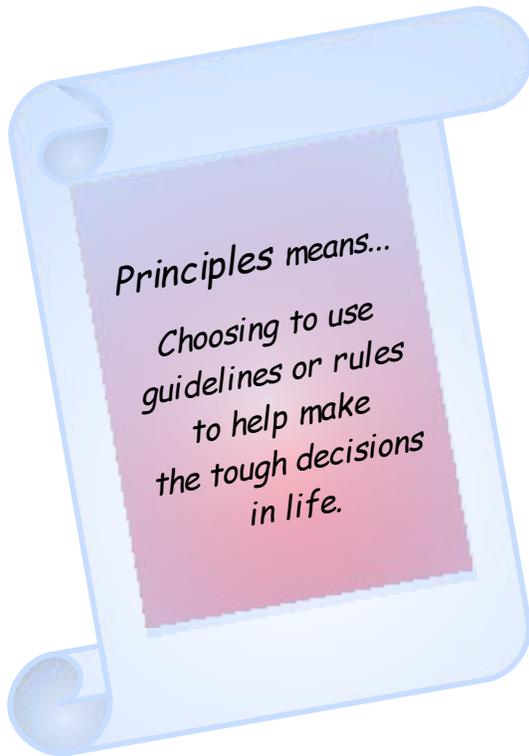
Guideline 13 : Principles



Humility	
Patience	
Contentment	
Delight	
Kindness	
Honesty	
Generosity	
Thoughtful Speech	
Respect	
Forgiveness	
Gratitude	
Responsibility	
▶ Principles	13
Aspiration	
Service	
Courage	
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Character Guide: Prindi Principles

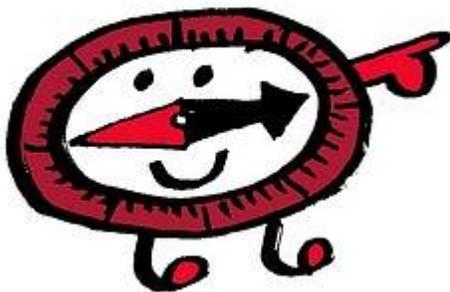


Prindi finds direction
and guidance from rules he
chooses to help him
set his course.



The guides' positive chants
help you to remember the
most important ideas. Say
these over and over to
remember them.

I know my way.
I walk my path.



Big decisions are easier if you have
decided ahead of time what guiding
principles are important to you.

“Those who stand for nothing fall for
anything.” – Alexander Hamilton, USA

Positive Principle rePrise
a playful poem for your palms*

Each of you gives me a lesson.

I'm like water, patient, still,
searching for the path downhill.

I have what I need, if I don't feed my greed.

No need to wait let's celebrate.
My joy times two, when I'm happy for YOU!

Care for others. Keep trying.

Honesty works best for me.

I can share my stuff. I have enough.

When I'm wise I think more, speak less.

Let's honor each who guide, or teach.

I forgive then I feel better.

Thanks to those who wiped my nose.

Through thick or thin, count me in.

I know my way. I walk my path.

I strive to be a better me.

Giving time from my day can help in some way.

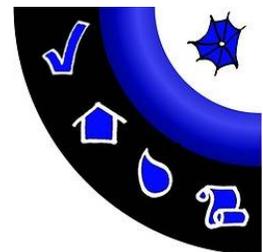
Let's think big, be brave, now begin!



Humility
Patience
Contentment
Delight



Kindness
Honesty
Generosity
Thoughtful Speech



Respect
Forgiveness
Gratitude
Responsibility



Principles
Aspiration
Service
Courage

*Clap on the black syllables as you chant. Variation: call and echo or shout the guideline name you may recall for each 'line.'
Click the note symbol for [tunes](#) and [recordings](#) of the chants.

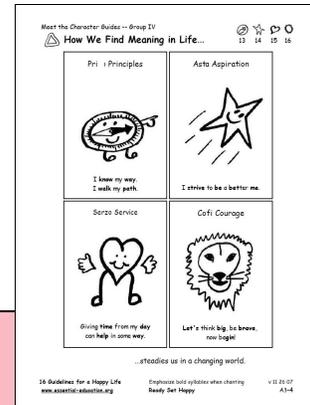


Principles Activities



Try it now: Meet the 'How we Find Meaning' Guides.

The character guides each help you to learn about a guideline that starts with the same sound as their name. The 'How we Find Meaning' guides are Prindi Principles, Asta Aspiration, Serzo Service, and Cofi Courage. The last syllable of many of their first names has something to do with their shapes. I wonder if you can guess that connection for each one....the answer is at the end of this Principles section.



Art Project: 13-14-15-16

Print the drawing (page A3-4) of the four 'How we Find Meaning' characters. Color the page and think about what gives meaning to your life. Consider if you already know your principles and aspirations, if you already live a courageous life of service or if you could still improve. Glue the page to thicker paper if you have it, then cut along the lines to make four cards to use in the game below.

Game:

Matching/Concentration

Make two sets of cards in the Art Project above. The thicker paper is important so you can't see through the back side of the cards. Play the matching game 'Concentration' by placing all the cards (including those you may have made from other sections) face down, taking turns turning over two at a time to try to find the same characters. If you find a match, say something about the guideline before you take up the set. You could give an example of when you or someone else showed that quality this week, or when you wish you had. Keep taking turns until all pairs are matched. Try it as a cooperative game and see how few turns you need to match them all.

When you finish playing put the cards up on the wall or fridge, one at a time, to keep one guideline in mind each week.

Try it now: If you were head of the kingdom...



The 16 guidelines include qualities that have been important to many cultures over time. The poster on the next page shows those 16 guidelines with a picture for each one. Are these the principles you live by? How do you decide what path to take?



Imagine/Write:

Eight Personal Principles

Imagine you are a leader of your country and you want the people to be happy. Can you think of at least 8 important principles or rules to suggest for a happy life? What would help people to make decisions day to day about how to think, act, or spend their time? Write these suggestions down, then get in touch to tell us which guidelines YOU thought of for your country.

If you want to really walk your talk, make a plan to test out living by the rules you listed above. When you try it for real, do not be distracted from what you listed as most important. Try it for a week then talk with someone about how it went. Revise or update your rules if needed and try it again. See if it makes you feel happy to live by them, and if it makes any of your decisions easier.

16 Guidelines for Life



See a slideshow of these posters [here](#).

Try it now: A force field against bad advice



Experiment:

Shields Up!

You will need a bowl, water, talcum powder, a towel and an adult to help you. Fill the bowl with water, leaving a little space at the top. Have the adult sprinkle talcum powder evenly on the water, covering the whole surface until it's solid white. Take care not to breathe in the powder. Make sure your fingers are dry, then dip a finger quickly into and out of the water, all the way past the second knuckle. Did it get wet? Your finger should stay dry, even though it was below the water. I wonder why? If you keep it below the water a long time, does your finger still stay dry?

Like the talcum powder, your principles can act as a shield to protect you from bad advice so that you are more able to help yourself, your friends, families, communities and the whole world. When you follow your principles rather than bad advice you act wisely. You know how to handle difficult situations. One symbol for wisdom is a white water lily because even though it grows up through mud, it opens clean, pure and beautiful, protected from the dirt around it.



Try it for real: Picture This



“What you are speaks so loudly that I cannot hear what you say”
– Ralph Waldo Emerson, American essayist.

Art Project: Finding Direction

For a week, observe people in your life, including yourself. Can you notice when someone's principles help them to make a decision about what to do or what not to do?

Imagine there is an art or photo contest for pictures showing people using their principles to be happier. What would your picture look like if you were to enter? Draw, paint or photograph someone to capture the idea of 'Principles.' If you like, send us a copy or photo of your artwork. We'd love to see it.



Here are some art projects we have done involving symbols for the 16 guidelines, including bookmarks, a string of flags, and ornaments. Try these or your own ideas.



Try it for real: It's in My Hands



Have you played any clapping hand games? It's fun to try to keep up and play faster, trying to remember the motions and the words. This clapping game is based on the Positive Chants of the character guides. Each of the four verses goes with one of the Parts of **Ready Set Happy** and each 'line' goes with one of the 16 Guidelines. This game will take practice, but you will have lots of laughs as you're learning. You will also be saying and hearing ideas about the guidelines that you can use in your own life. Do you feel positive, negative or neutral as you learn this game?

Clapping Game: It's In My Hands

Take time this week (with a partner to help you) to learn these motions for the rhyme on the following page.

Claps -- There are seven types of claps, three you do **by yourself** and four **with a partner**:

- **cross** -- cross your hands and touch your palms to the top of your own chest, just below your shoulders.
- **lap** -- touch your palms to the tops of your thighs.
- **clap** -- do a regular clap, both of your palms together.
- **R** -- cross your right vertical palm to clap against your partner's right palm.
- **L** -- same as R but with left hands.
- **back** -- touch backs of your hands to backs of your partner's hands (thumbs to the outside).
- **front** -- touch both palms to both your partner's palms (thumbs to the inside).

Combination Motions -- There are only three combinations used: an introductory three beat combination to begin each verse (cross, lap, clap), done twice as slowly
an eight beat combination for each line (R, clap, L, clap, clap, back, front, clap*), and a final combination for the end of the game. (cross, lap, clap, front).

* last clap left off before intro combo if no syllable to match.



lap laugh



clap



R



L

That may be all you need to learn the motions, but they are also listed with the words. Bold syllables and an audio file [here](#) will help you match up the words and motions for each line.



It's In My Hands



(verse one): I THINK that...

Each of you gives me a lesson.

I'm like water, patient, still,
searching for the path downhill.

I have what I need, if I don't feed my greed.

No need to wait let's celebrate
My joy times two, when I'm happy for YOU!

(verse two): Take ACTION...

Care for others. Keep trying.

Honesty works best for me.

I can share my stuff. I have enough.

When I'm wise I think more, speak less.

(verse three): Re LATE it!

Let's honor each who guide, or teach.

I forgive then I feel better.

Thanks to those who wiped my nose.

Through thick or thin, count me in.

(verse four): Find MEANing....

I know my way. I walk my path.

I strive to be a better me.

Giving time from my day can help in some way.

Let's think big, be brave, now begin!

(end): It's in.. my .. Hands!

(verse one): cross lap clap

R clap L clap clap back front clap

R clap L clap clap back front clap
R clap L clap clap back front

clap R clap L clap clap back front

clap R clap L clap clap back front
clap R clap L clap clap back front

(verse two): cross lap clap

R clap L clap clap back front clap

R clap L clap clap back front

clap R clap L clap clap back front clap

R clap L clap clap back front clap

(verse three): cross lap clap

R clap L clap clap back front clap

R clap L clap clap back front clap

R clap L clap clap back front

clap R clap L clap clap back front

(verse four): cross lap clap

R clap L clap clap back front

clap R clap L clap clap back front

clap R clap L clap clap back front clap

R clap L clap clap back front

(end): cross lap.. clap.. front

Try it for real: Role model Roulette



“We cannot abdicate our conscience to an organization, nor to a government.”

-- Albert Schweitzer, Germany/France.

You can choose your principles one by one or you might follow the principles of someone you look up to, a role model you respect, but you don't want to follow blindly. How do you choose the people you look up to? Who looks up to you? This Imagine will help you think about who you really want to imitate, and who is looking to you for an example.

Imagine/Implement:

Looking up, Looking over

Sit quietly and think for a moment about who you look up to. Are they celebrities? Teachers? Sports stars? Now think about who you respect. Are they Nobel prize winners? Religious figures? Experts in areas you care about? Who do you most admire? Are they other students at school? Make a list of all the people that came to your mind. Now as you go over the list, consider if you would **really** like to be like each of them. Why? Why not? Can you imagine yourself as this person? Ask yourself: What would it be like? Would you be happy? Would you be proud of yourself?

It has been said that “Our best friends are those in whose company we are our best selves.” Do you think you would be your best self in the company of the role models on your list? What quality specifically would you like to improve on this week to become more like your role models? Write that at the bottom of your list.

Now, think about anyone who looks up to you -- perhaps a little brother or sister, or a younger friend. Are you an example worth imitating? How could you improve so you'd be more of an encouragement to these others? During this week how will you keep your ideas for improvement in mind so you don't forget your goals?

“When I'm trying to decide what to do, I think, what do I want to do? What would be good for me to do? And what would be good for other people for me to do? Then I think of them as me, myself, and I and have a conference.” -- Caeman Toombs, 10 years, USA

Instant Replay for Principles:



Do you have any questions about Principles?

What can be used as a shield for bad advice?

Why is it useful to have principles?

Which situations challenge your principles?

Which of the 16 guidelines would you most like to develop yourself?

Were there people on your list of role models you would do better not to follow?

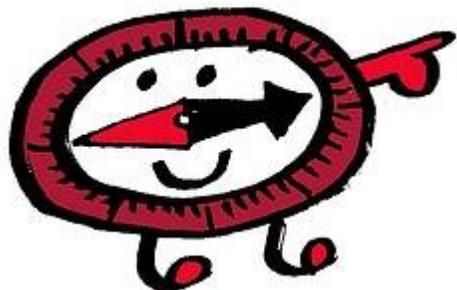
As a pretend leader, did you choose any principles not on the list of 16 guidelines? What were they?

What does Prindi say?
"I know my ____.
I walk my ____."

I wonder if you think the photo of children walking to school was a good choice for 'Principles'.

Answers to Name Shape Connection:

- Prindi** He's a compass for finding **direction**, setting our course, making **decisions**.
- Asta** She's a **star**, symbol of reaching beyond limits, great achievement.
- Serzo** He's a heart, symbol of compassion. The Spanish word for heart is **corazon**.
- Cofi** He's a lion, symbol of courage. Lions are **fierce felines**. The **fire** of the Olympic torch is another symbol for courage.



The symbol for 'How we find Meaning' is a Greek letter Delta which is shaped like a triangle, a stable shape. Delta represents change in scientific notation. How we find meaning in life steadies us in a world that is always changing.