

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.