

1. Know yourself
2. Be open to new answers/ change my point of view
3. Listen carefully my emotions
4. Listen carefully other people without judgment or "prejudice"
5. Respect myself and other
6. Be compassionate to my limits
7. Change the verb "I should" in "I want/I would like to"
8. Choose carefully what I want to keep and what I want to loose in my life
9. Take care of my family
10. Never undervalue my principle