

# PLAN BE



## I Want To Be The Change I Want To See

I will identify with the poor 'in spirit'.  
I will grieve over injustice in the world.  
I will get angry, but never get aggressive.  
I will seek to do justice, even to my enemies.  
I will extend compassion to all those in need.  
I will act with integrity, not for the publicity.  
I will work for peace in the midst of violence.  
I will suffer myself, rather than inflict suffering.

signed \_\_\_\_\_

date \_\_\_\_\_

Ask yourself "Which Be-Attitude is relevant to my situation?." After you have chosen a Be-Attitude, meditate on what it says. "What does this Be-Attitude tell me about the way I could relate to my situation?" Listen carefully to your heart for the answer to that question. It may only take a few moments for you to get an answer - but sometimes it may take you a few months. Don't give up. Hold the question in your heart. Wait till your heart gives you an answer to your question. Then, once you have an idea of how to relate to your situation in a way that embodies the virtues in the Be-Attitudes, put the Be-Attitude into action.

