

Leave time for yourself to pray, play, work and rest.

Own your problems and feelings.

Value your strengths, talents, traditional teachings, Creator (God), family children and support.

Evaluate yourself each day, to remember your blessings and personal growth.

You are special and very unique.

Observe your surroundings. The tundra, sky, and trees will help you to be appreciative and thankful.

Use your talents, gifts, and blessings to help yourself and others.

Rest and be quiet. Listen to the silence.

Speak with kindness and truth.

Elders are valuable teachers. Spend time with them.

Limit yourself. It's ok to make mistakes.

Find the support you need. God, elders, peers, and children can be support.