

THE SPACE BETWEEN

***Between stimulus and response, there is a space.
In that space is our power to choose our response.
In our response, lies our freedom and our growth.***

In that space reside the Four Human Endowments:

- **Self Awareness**

Our capacity to stand apart from ourselves and examine our thinking, our motives, our history our scripts, our actions, our habits and tendencies.

Suggestion to further develop Self Awareness: Keep a personal journal.

- **Conscience**

Our internal guidance system – it tells us when we act or even contemplate acting in a way that's contrary to our principles. It gives us a sense of our unique gifts and mission.

Suggestion to develop Conscience: Learn from the wisdom literature, Listen to your “inner voice” and respond to it.

- **Independent Will**

Our capacity to act. The power to transcend our paradigms, swim upstream, to rewrite our scripts, to act on principle rather than circumstance or emotion We're not victims; rather, we are “response-able” we can choose beyond our moods and tendencies.

Suggestion to develop Independent Will: Make and keep promises.

- **Creative Imagination**

Our power to envision a future state, to create something in our mind. It lets us see ourselves and others differently and better than we are now. It empowers us to visualize our selves living our mission even in the most challenging circumstances.

Suggestion to develop Creative Imagination: Visualize.