

What I Value
*Health *Family *Friendship *Honesty *Effort *Sincerity *Thrift *Cheer *Beauty *Kindness *Science *Nature *Order *Philia (Soul Love) *Philautia (Self-Love) *Om
My Principles
Wisdom - Know right from wrong. Temperance - Guard against extremes. Justice - Treat people fairly. Courage - Do what must be done.
Things I Practice
<ul style="list-style-type: none"> • When emotional, I ask questions. • Do a good turn daily. • Listen, go deeper. • Dream - plan - strive - reflect... • Don't give up, the obstacle is the way. • Negative visualization. • Appreciation. • Observe myself. Am I being all I can be? • Make friends, be a friend. • Be fatalistic. Done is done and gone. • Remember the dichotomy of control. • Leave it better than you found it. • Be wary of "beliefs". • Fathom Eros. • Be the tiller's steady hand.

Tom Damoth 2024.10.7