

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"><li>• When emotional, I ask questions.</li><li>• Do a good turn daily.</li><li>• Listen, go deeper.</li><li>• Dream - plan - strive - reflect...</li><li>• Don't give up, the obstacle is the way.</li><li>• Negative visualization.</li><li>• Appreciation.</li><li>• Observe myself. Am I being all I can be?</li><li>• Make friends, be a friend.</li><li>• Be fatalistic. Done is done and gone.</li><li>• Remember the dichotomy of control.</li><li>• Leave it better than you found it.</li><li>• Be wary of "beliefs".</li><li>• Fathom Eros.</li><li>• Be the tiller's steady hand.</li></ul> <div>Tom Damoth 2024.10.7</div>