

Create Your Own Commandments

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offers the chance to pause and think about your own values, and express them in a way that feels personally meaningful.

Whether we give them the form of commandments, commitments, promises, offerings, or something else entirely,

we can create our own guiding principles—individually or with friends or communities.

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can be done online or in-person, as a one-time activity or something to which you return over time.



Take a photo of
your principles and send to
miriamrose@gmail.com
