

STAND

- Transparency ✓
- Equality ✓✓
- Creativity ✓
- Social Justice
- Love
- Courage ✓✓
- Perseverance ✓✓
- Perfection
- Happiness ✓✓✓
- Caring ✓✓
- Universal truth
- Harmony
- ~~Equality~~ ✓
- Curiosity ✓

Unmeasurable

- Well being
- ~~Authenticity~~
- Empathy
- Equanimity
- Self awareness
- Selflessness
- Kindness
- Humility
- Growth ✓
- ~~Patience~~
- Calmness

With

FEAR

Judgement ✓ 15

Loss 5

Not good enough ✓ 6

Making mistake ✓✓ 10

Failure 4

Misunderstanding ✓ 4

Ignorance

Redicule 9

Loneliness /

Being left out / Abandonment

Default

STEPS:-

→ Notice

→ Name

→ Let it go / release

→ Be in action