

- Is a culture-based model to help us live in balance -

- It encompasses teachings from the "Four Directions" -
 - -Each direction is connected to each other -
- This is a modern model to provide ancestral tools to help us today -

Are you proud to be Native? Do you like yourself? Do you know how to pray? Do you have a positive attitude? And pray often? Generally, do you control your anger? Do you respect all things? Do you have someone to talk to? Are you free from violence? (physical, verbal, emotional, etc) In general, do you have healthy relationships with people? Do you believe in a higher power? Do you feel free to express your Do you feel connected to the land? emotions in a good way? Your family? Culture? Emotional (How do you feel) Spiritual (Do you feel connected) Physical (Our bodies, inside and out) Mental (The way we think) Do you get physical exercise each day? Do you see yourself in the future? Do you drink water each day? Do you learn from your mistakes? Do you have good body image acceptance? Do you like to learn? Read? Listen? In general, do you eat healthy meals? Are you a creative person? Do you learn from your mistakes? Do you stay away from harmful substances? Do you make good decisions? Do you get enough sleep each night?

Actively doing something each day in each direction will help us live better in balance.