

## HOW TO LIVE A LIFE CONNECTED.

### 1. Connect With Yourself.

Become re-aware of your own moral values of justice, kindness, and compassion.

### 2. Connect With Others.

Become aware of how your choices impact other people, our environment, and animals.

### 3. Connect Your Choices To Your Values.

If the impact of your choices aligns with your values, you are creating a world reflective of those values. Stay on that path! If not, reconnect – find new, better, and more connected choices.

*“To find yourself, think for yourself.”  
- Socrates*



## RECONNECT TO WHO YOU ARE.

It isn't about changing. It's about becoming who you truly are.

Most of us want to be fair to other people.  
We want to be kind to animals.  
We want to protect our environment.

But sometimes our unthinking consumer choices work directly against our hope for a fair and sustainable world.

**Put your compassion into action and make the world a better place.**

## WE ARE ALL CONNECTED.

Nonviolence as a way of life (*A Life Connected*) builds and supports our vast and intricate interconnection. It's a way to remember your values, choose your path, and live your life in a more powerful, reconnected way. When you make connected choices, you not only build a better life for yourself... you build a better world for everyone.

*Expanding your circle of compassion.*

*Imagine a circle.  
Put everyone who matters - your family, your friends, other people, animals you care about, any living being - inside the circle. Those who don't matter, outside. To create a better world, our task is to get everyone inside the circle.*

## A Life CONNECTED

Every day, life invites you to make choices.

**LIVE YOUR VALUES  
CHANGE THE WORLD**

*“Live your beliefs and you can turn the world around.”  
- Henry David Thoreau*

*“Happiness is when what you think, what you say, and what you do are in harmony.”  
- Mohandas Gandhi*

Learn more and get connected at  
[NonviolenceUnited.org](http://NonviolenceUnited.org)

## THE POWER IS IN YOUR HANDS.

The urgent problems we are facing may seem overwhelming, but the power to turn it all around is in your hands.

The state of the world isn't being done TO us; it is being done BY us!

If we consciously consume only things that align with our values, THAT is the world we will build. If not, we can expect more of the same – a world out of control, twisted against everything for which we stand. This is our great power. This is our great responsibility.

Recognize that you already have the power. The solution isn't outside you; it isn't in the next politician; it isn't on Wall Street. YOU matter. YOU make a difference.



## YES, YOU MAKE A DIFFERENCE!

The question isn't, “Can one person make a difference?” You ARE making a difference. The question is, “What kind of difference do you want to make?”

Each of our choices in the past helped build the world we live in today. And each of our choices from this moment forward will help build the world of tomorrow.

There is a way to build a better world – a world in which we would all like to live, a world driven by the goodness of people and their shared values of justice, kindness, and compassion.