

WEEK 21 CHARACTER

“World betterment through self-betterment.” – Opie Macleod

How would you imagine a Jedi to be if you met one in the street? Would that person be polite, attentive, calm, and friendly? Would that person keep a level head when things became stressful? Show courage, commitment, and loyalty to her cause? Would he or she show compassion to others as well as empathy?

I believe a Jedi would also be attentive of their manners and their appearance as well as their demeanour. A Jedi would show courtesy, respect, humility, good humour, and decorum. In short, a Jedi would display character befitting the title of Jedi.

What set a Jedi apart was character. The Jedi were selected for their character as much as for their force abilities. Although one had to be force sensitive to be considered suitable, character was crucial if a Padawan was to survive and succeed in training.

A Jedi had to be humble yet confident, aloof yet approachable. When required a Jedi had to be tough but without losing the gentle touch. A Jedi had to be obedient but also able to question decisions and use common sense and initiative.

The Jedi in their role as peacekeeper, warrior and advisor also showed decorum. A Jedi could easily assimilate with a squad of clone troopers or mix with dignitaries and senators at an intergalactic meeting. Jedi were comfortable and confident anywhere they found themselves by virtue of their character.

You may have an endearing personality. Your identity and persona may be shaped by your religion, race, ethnicity, and life experiences. These are important but character is the true measure of who you really are. When things get tough is when your character, good or bad, shines through. Who are you?

DAY 143

“Only through fire is a strong sword forged.” – Clone Wars

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 144

“Who a person truly is cannot be seen with the eye.” – Clone Wars

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 145

“Our actions define our legacy.” – Clone Wars

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 146

*“Who we are never changes, who we think we are does.” –
Clone Wars*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 147

“He who faces himself, finds himself.” – Clone Wars

Today I am Grateful for:

Morning Contemplation

Evening Reflection

WEEK REVIEW

Reflect on your daily practices and personal goals for the week.
How did you do? Where can you refocus your attention?

Meditation:

Physical Exercise:

Diplomacy:

Awareness:

Self-Discipline:
