Twelve Wise Habits (For Buddhist Wisdom School Students)

1. Governing the senses
2. Seeking the optimum
3. Not harming
4. Forbearing
5. Desiring knowledge, truth and goodness
6. Upholding integrity
7. Putting forth effort persistently
8. Being generous
9. Being kind and compassionate
10. Mindful and alert
11. Calm and firmly focused
12. Skillfully applying the mind