



Plant the Seeds

Seven Steps Toward
Moral Transformation



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How can we grow compassion and courage in our daily lives?

In answer to this question, Ariel Burger, Founder of the Witness Institute, developed the *seven steps toward moral transformation*. The seven steps are one person's attempt to create a pathway for moral growth.

Here, you can respond and add color to each step as you reflect on your own experiences and values. Then you can translate values into action, planting seeds in a real and symbolic commitment to exploring how to nurture your inner and outer environments.

As you develop your own steps, whether personally or with your communities, there is space for your Reflections at the back of the book.

Commit to care

Choose hope

Celebrate questions

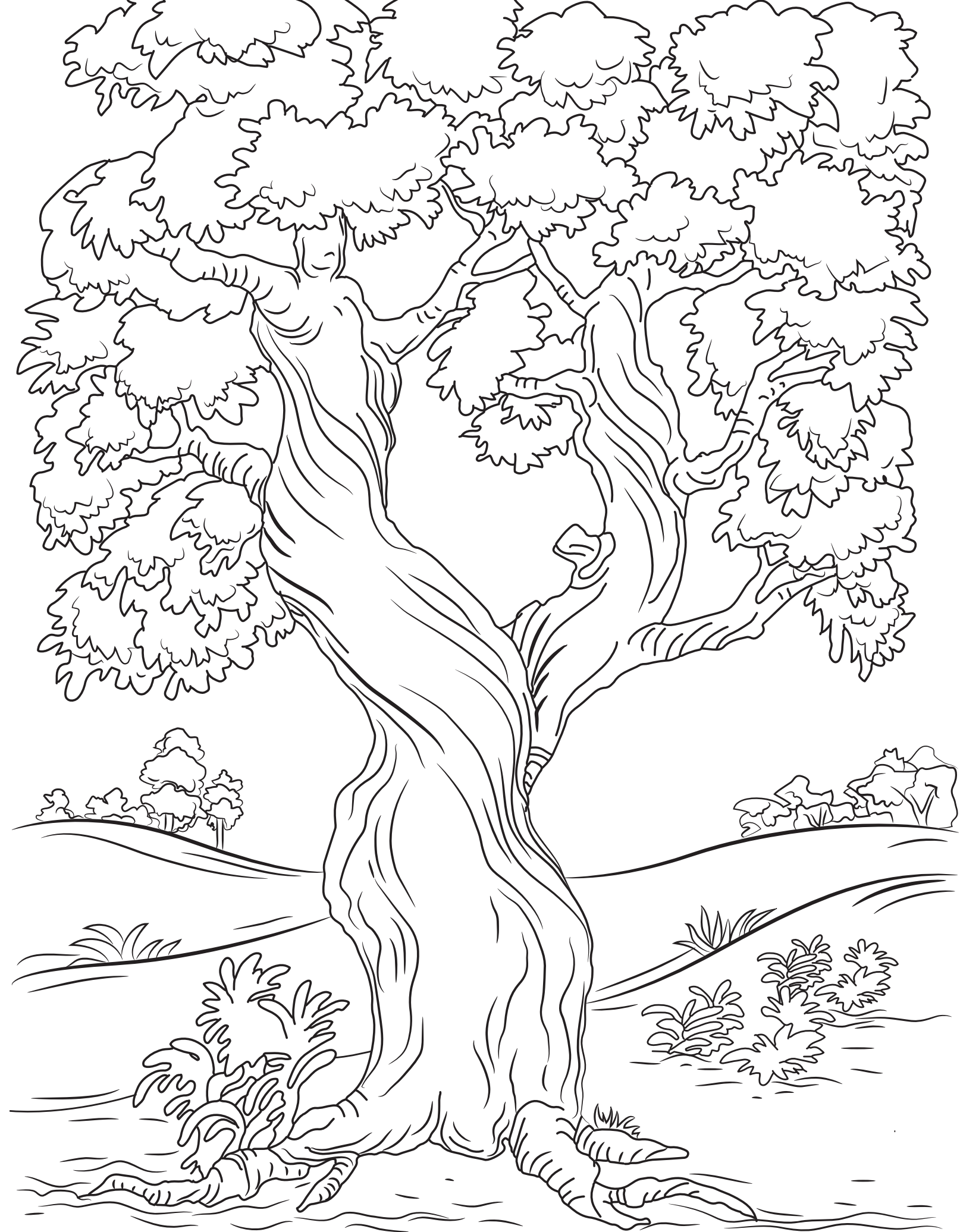
Explore otherness

Be wildly creative

Take action

Pay it forward

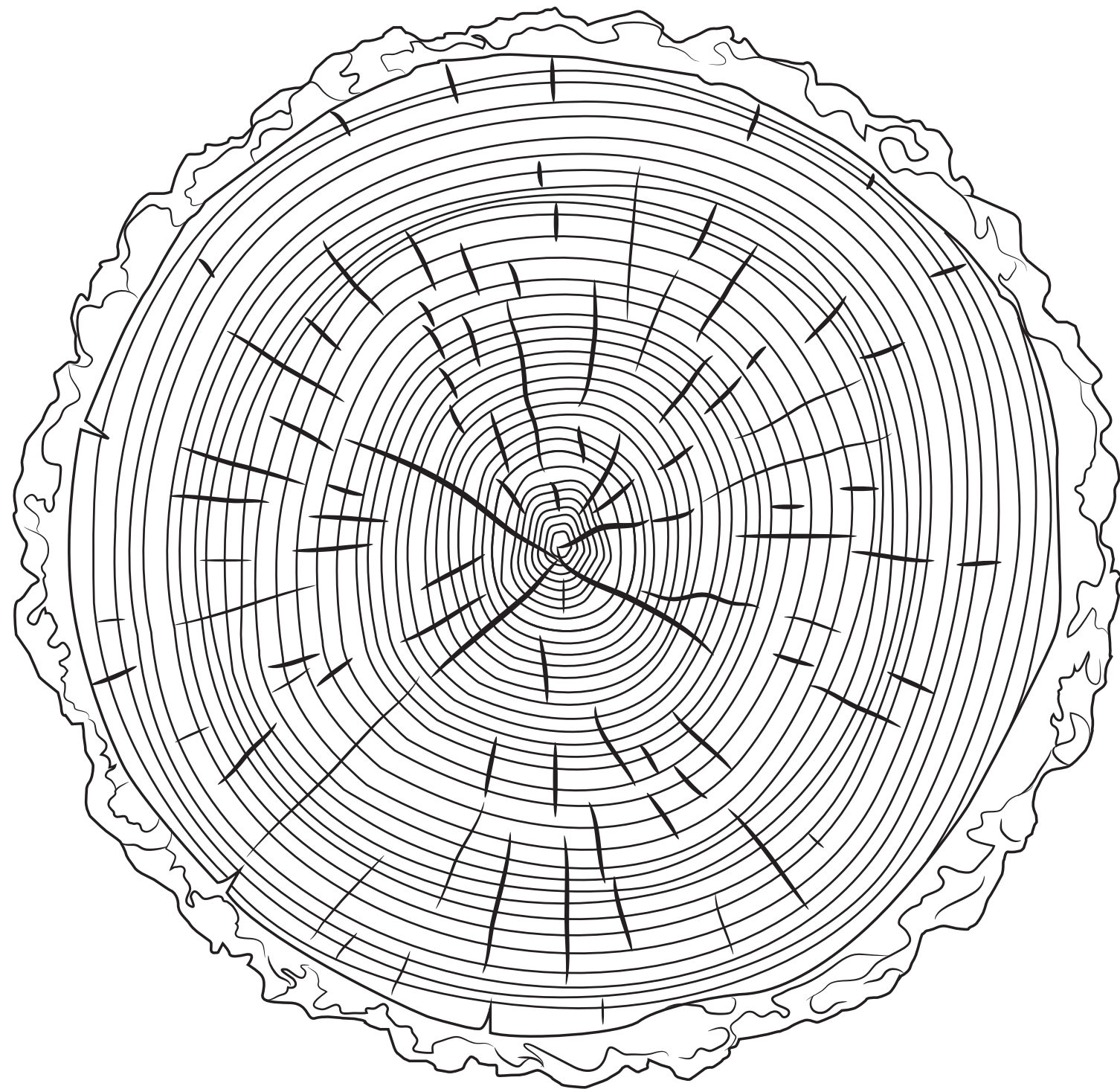
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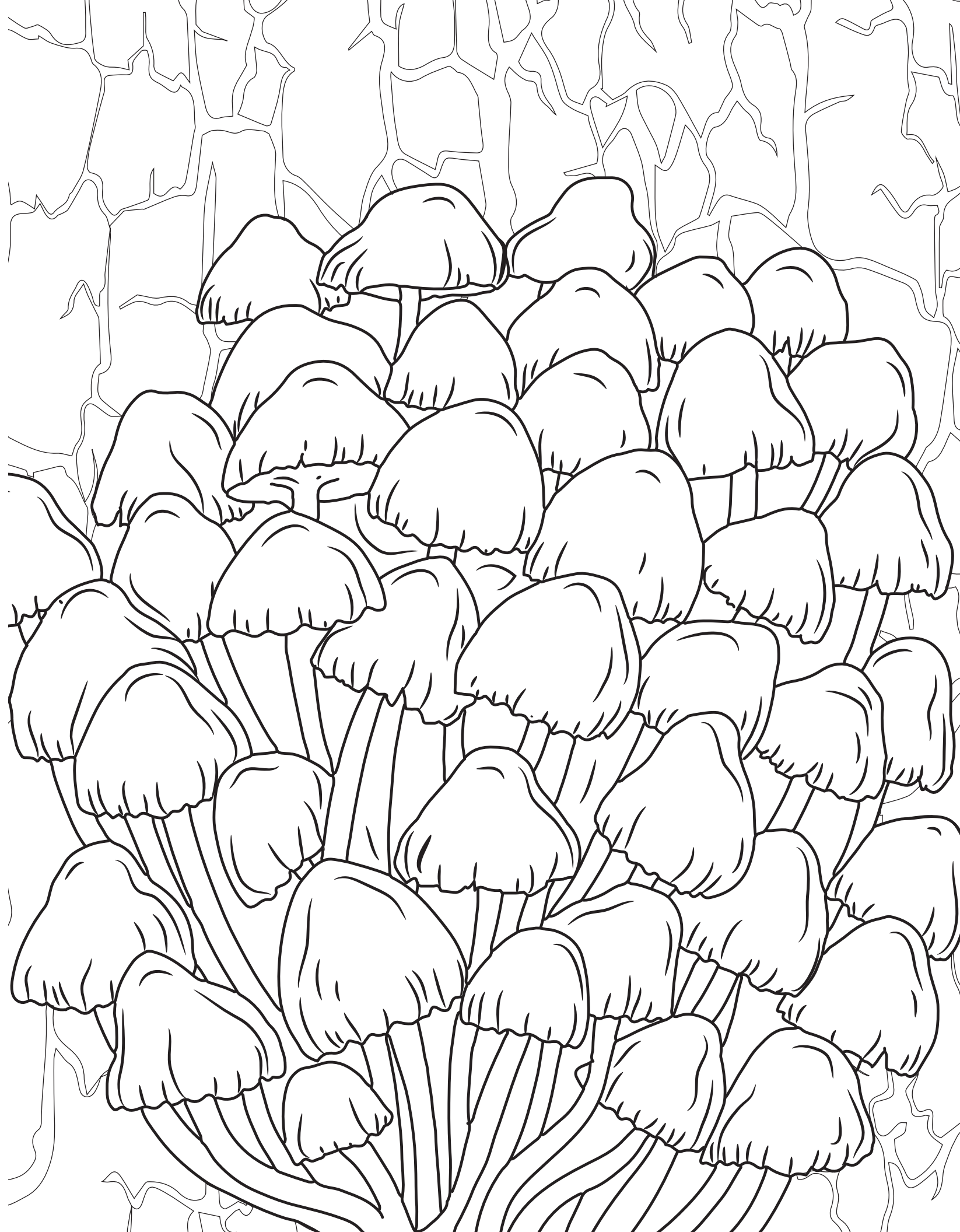
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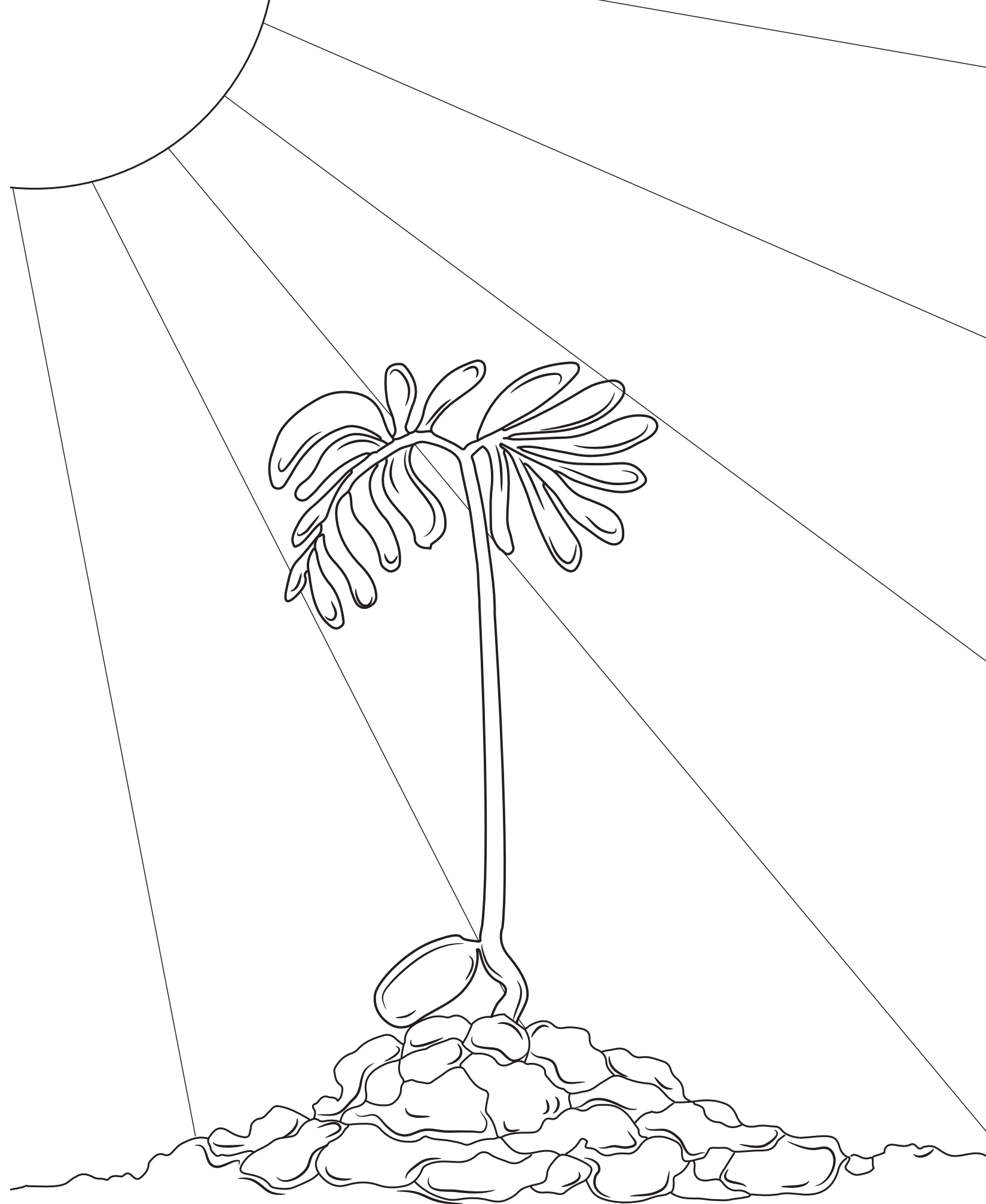
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Reflections

Here is a space for you to record your own impressions and explanations of the *seven steps toward moral transformation*, and to add any others that may be personally relevant to you and your communities.

Which steps have felt important to you, and why? Which feel important to you *now*?

[illegible]

Blank lined paper for writing.



