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CROSS-CULTURAL INNER QUEST STEPS

1. Be adventuresome, be fearless, and see yourself straight on.
2. Explore the outer world; be curious and open.
3. From the outer world the mind is stimulated, and the heart is opened.
4. Be challenged by the unknown; be inquisitive and a perpetual student of life.
5. Then find your inner world; go within and explore there.
6. Use both worlds, the inner and the outer, to take you on a journey uniquely your own; explore who you are, how you see yourself, and how you might be perceived by someone else of a different culture.
7. Become more understanding of others; it will bring you to greater acceptance of yourself too.