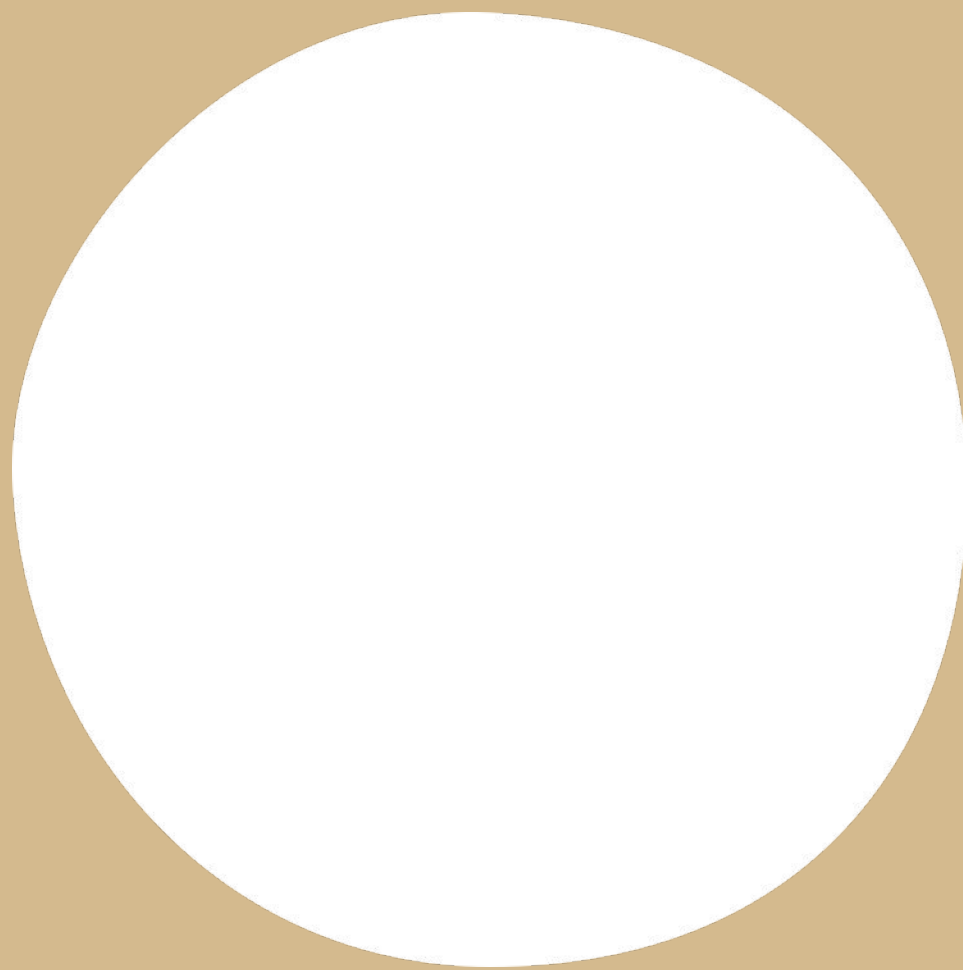


INNER DEVELOPMENT GUIDE

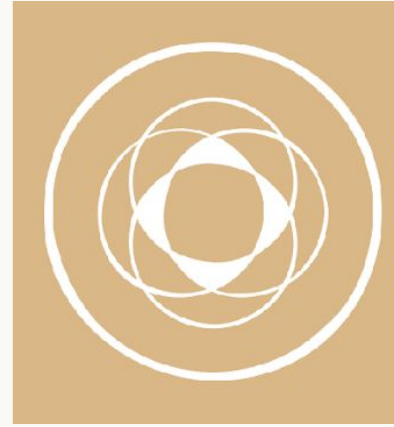
Inner Growth for Outer Change

Kuva Munhu

Kudyara Upenyu Hwemukati



Kudzamisa muono wezviri mukati medu, pamwe chete nehukama hwayo nezvakatipoteredza, zvinosimbisa kuvapo kwedu chaiko, kujeka kwechinangwa, uye kupindura kwakangwara panguva yekunetseka.



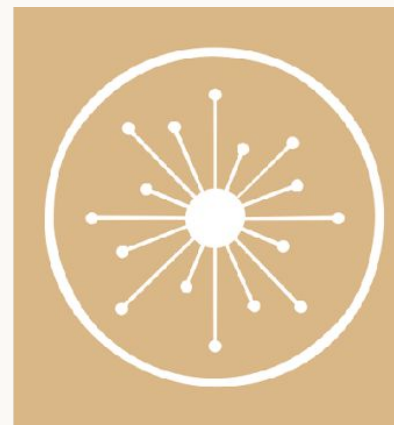
Chitsauso Chemwoyo

Kuzvipira kwakadzika midzi kwekurarama nekuita zvinoenderana netsika nezvinangwa zvinoshandira zvakanaka zvese.



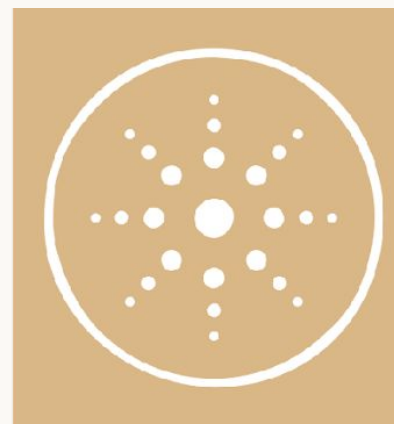
Kuvimbika uye Kuvimbika kweChokwadi

Kuzvipira kwechokwadi kune kutendeseka netsika dzakadzika midzi, zvinoratidzwa uye zvinoshandiswa mukuita..



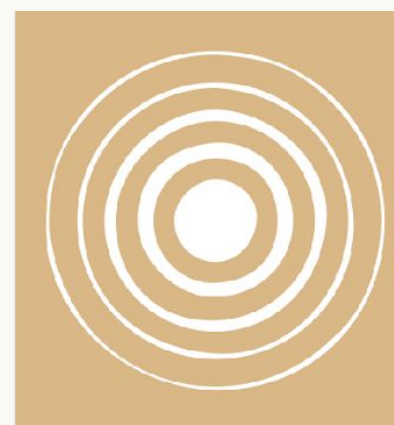
Kuvhurika Pfungwa neKuda Kudzidza

Maonero anoda ruzivo uye anochinjika, anoratidzwa kuburikidza nokuda kuchinjana maonero, kusaomarara kwenjere, kugamuchira shanduko, uye kukura.



Kuzviziva kuti uri ani

Kugona kuongorora pfungwa, manzwiro, zvishuwo, nezviito; kuchengetedza hunhu hwako, uye kuzvidzora.

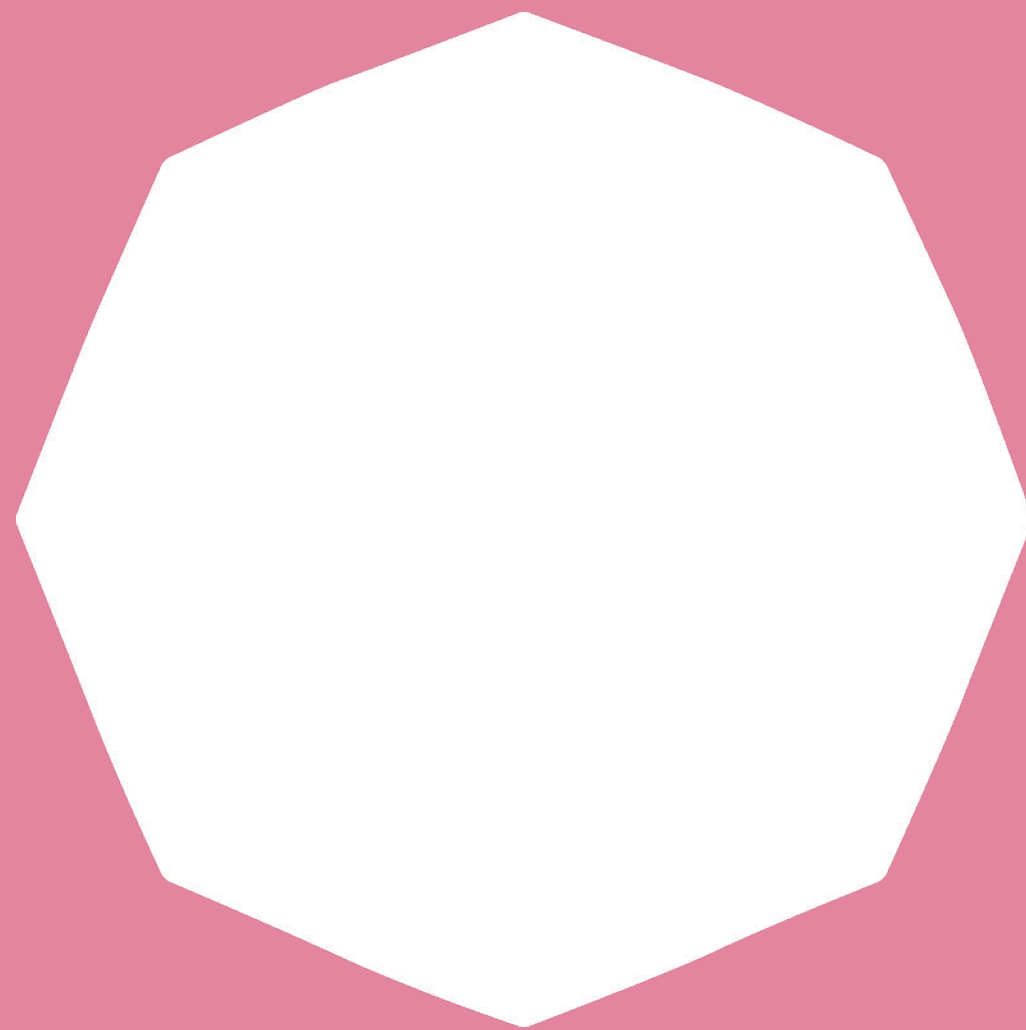


Kuvapo Nguva Dzose

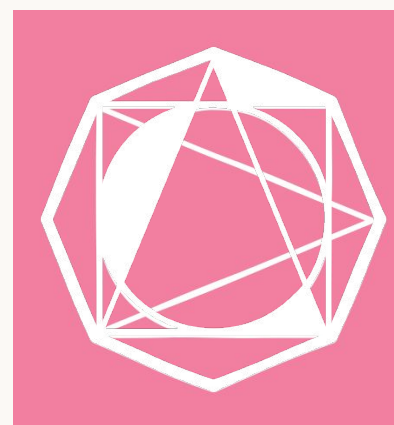
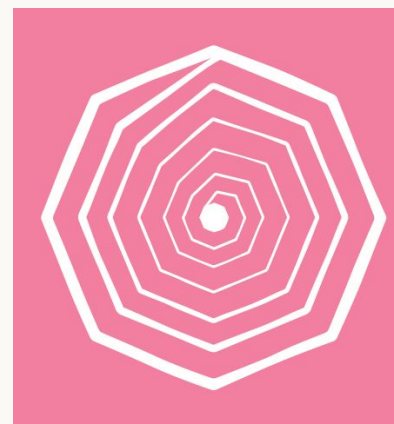
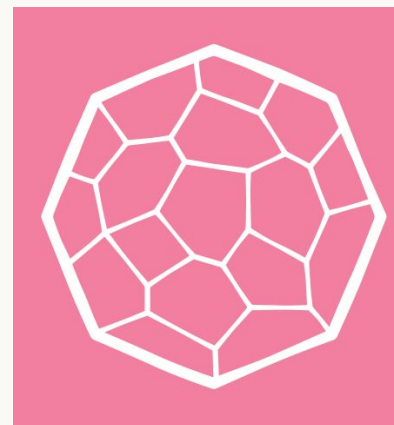
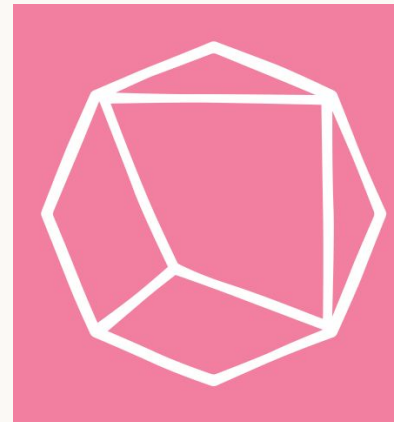
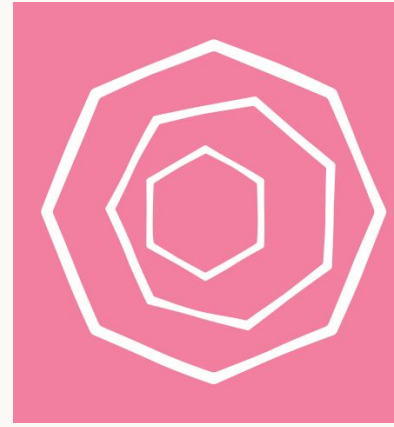
Kugona kuvepo zvizere munguva ino nenzvimbo ino, kubvuma chokwadi sezvachiri, uye kupindura nenzira dzine ungwaru.

Mafungiro

Kunzwisisa Nyika Yedu Yakasanganiswa



Kuwedzera kujeka, kufunga nezve maonero akasiyana-siyana, uye kufungidzira mhedzisiro yenguva refu, zvinotibatsira kufamba munyika yakaoma kunzwisisa uye kuita sarudzo dzakangwara munyika yedu kutibatanidza.



Kufunga Nounngwaru

Kugona kuongorora pfungwa, ufakazi, fungidziro, uye zvirongwa nouchapupu.

Kutsvaga Maonero Evazhinji

Kugona kudzidza kubva kumaonero akasiyana-siyana, uye kubatanidza zvinonzwisiswa mukuita zvine musoro uye mukuita.

Kufunga Kwemasystem

Kugona kunzwisisa kuoma uye kushanda nekubatana kwezvinhu nemaitiro esystem.

Kutarisa Kure kweChirongwa

Kuita zvirongwa zvenguva refu uye kuramba wakazvipira kwazviri, uchipfuurira kuvaka nyika nekusimudzira zvakasikwa

Kugona Kuumba

Kugona kufunga kupfuura miitiro yenguva dzose, kufungidzira zvingaitika, uye kuzviumba kuita pfungwa dzinoshandura zvinhu.

Kuchengetedza Ukama

Kuchengeta Vamwe neZvisikwa
Zvese

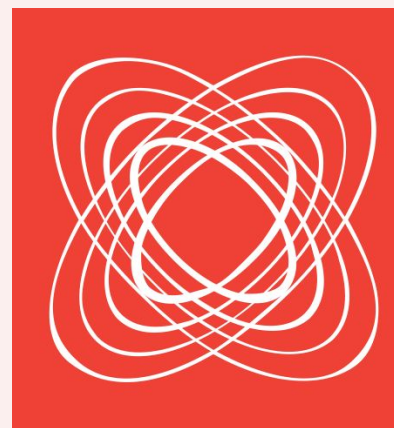


Kubatana netsitsi nerudo, uchinzwa kuva pamwe chete nevanhu vose, varipasi vapenyu, uye kuzvizvarwa zvinouya, zvinotibatsira kugadzira nyika yakarurama, inogamuchira vanhu vose, uye inobudirira.



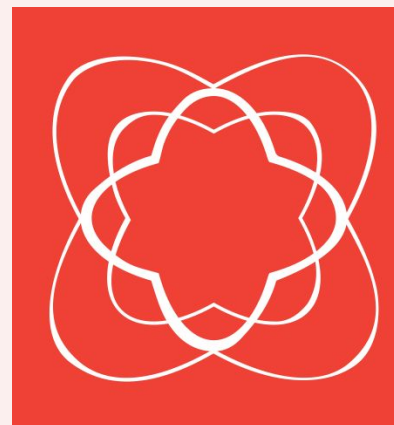
Kutenda neMufaro

Kubatana hukama nevanhu vepasi rose nekutenda, maonero akanaka, uye mufaro.



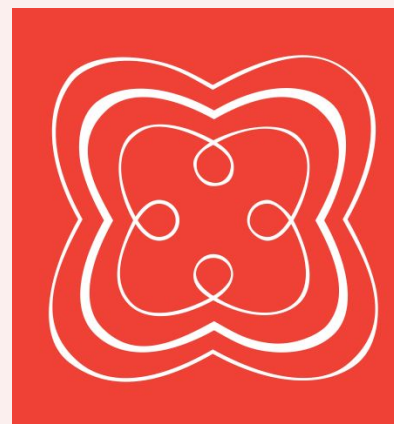
Kubatana

Kunzwa kuti uri chikamu cheboka guru, kusanganisira ukama hwevanhu, hupenyu hwepanyika, uye nyaya dzemweya dzinokosha.



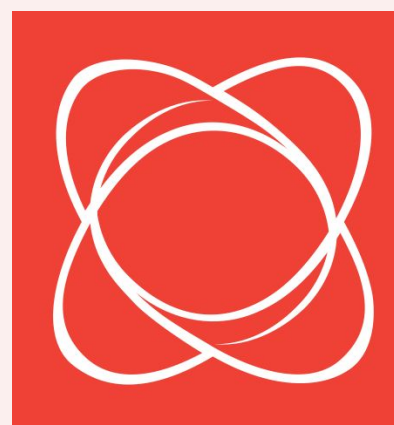
Kuzvininipisa

Kukwanisa kupindura kune izvo zvinodiwa panguva iyoyo, usingatarisiri kukosha kwako pachako.



Tsitsi neNgoni

Kubatanidza mwoyo wako nevamwe, iwe pachako, uye nezvakasikwa nerudo, nekuchengeta, netsitsi, zvichitungamirirwa nechinangwa chekubvisa kutambudzika.



Kuregerera

Kusiya chigumbu, kuporesa maronda emwoyo, uye kuvhura nzira yekugara murunyararo.

Kushandira Pamwe

Kuvimbana uye Kushingairira Kushandira Pamwe

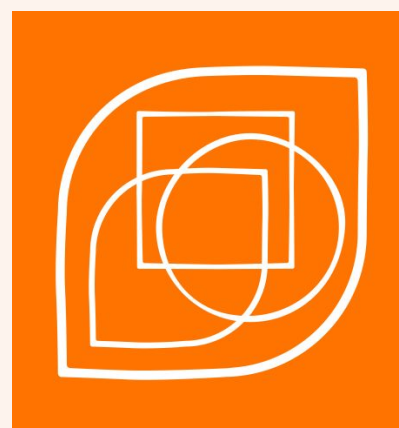


Kuvaka hukama hunekuvimbaka, kugamuchira misiyoano yetsika neunyanzvi, uye kugadzira nzvimbo dzakachengeteka, zvinobatsira kuti vanhu vese vabatane. Nenzira iyi, munhu wese anokwanisa kupa zvakaita seunyanzvi hwake kuti zvinangwa zvedu zvikubudirire.



Unyanzvi Hwekuvaka Ukama

Kurera hukama hwakadzama mupfungwa, mumoyo, rukudzo, kunzwisiana nemweya wekubatira pamwe.



Pfungwa Yokubatanidza neUnyanzvi Hwokubatanidza Tsika neMagariro

Kuda uye kugona kugamuchira kusiyana-siyana, uye kubatanidza vanhu nenharaunda dzine maonero nemagariro netsika dzakasiyana.



Unyanzvi Hwekushandira Pamwe

Kutungamirira basa pamwe chete nevanhu vakasiyana-siyana, kusimbisa timu kuti ive yakasimba uye yakachengeteka, uye kunzwisisa kuti masimba evanhu akarongeka.



Unyanzvi Hwekutura Nokunzwanana

Kugona kuteerera zvakadzama, kusimudzira nhaurirano yechokwadi, kutaura maonero ako zvinehunyanzvi, kugadzirisa kusawirirana nenzira inovaka, uye kuchinja matauriro kuti aenderane nemapoka akasiyana.

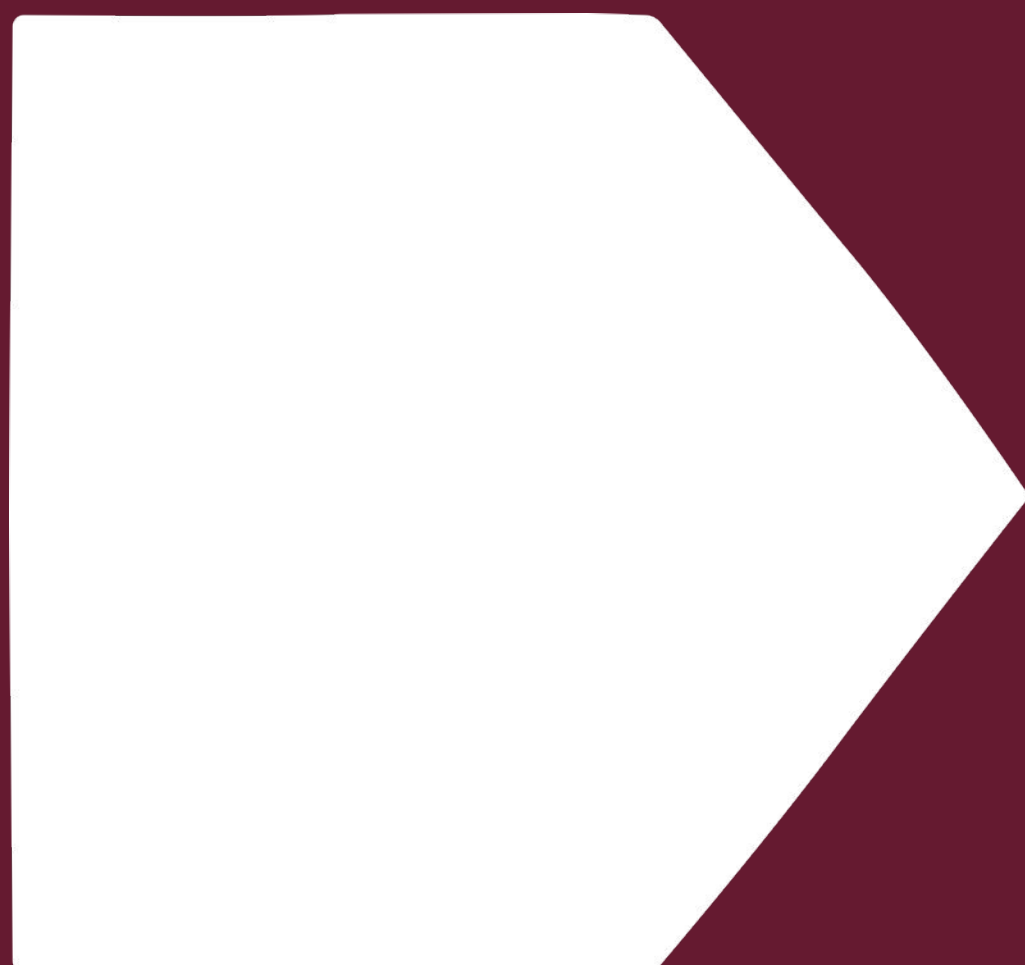


Unyanzvi Hwekuunganidza Vanhu

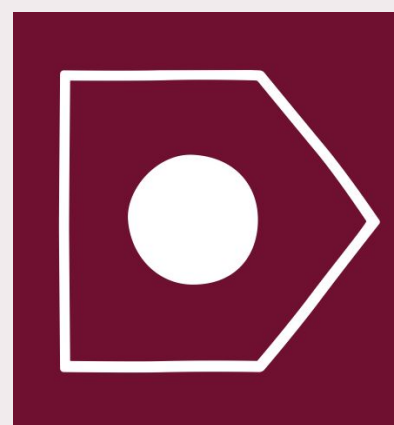
Kukurudzira uye kugonesa vamwe kuti vabatane muchinangwa chimwe chete uye vashande pamwe chete.

Kuita

Kutungamirira uye Kugadzirira Shanduko

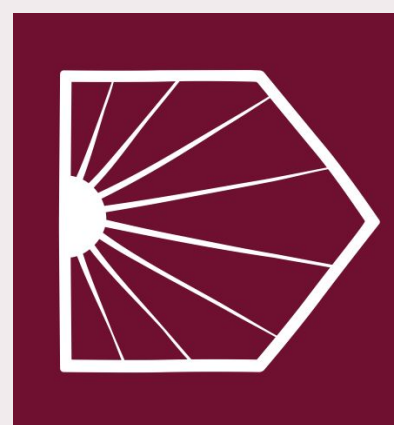


**Kana tikasatya, tikashanda pamwe, uye tikarega
kukanda mapfumo pasi, tinokwanisa kushandura
zvatinoita kuti zviitike, kunyange zvinhu zvakaoma**



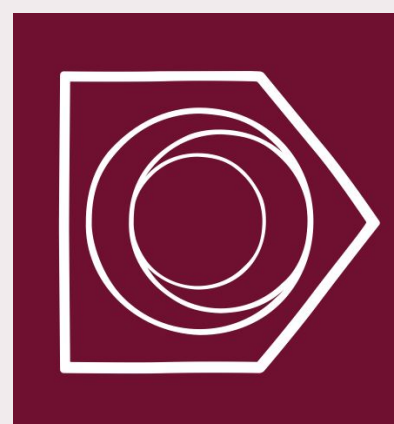
Ushingi

Kutsigira tsika dzakakosha, kuita sarudzo, kutora matanho, uye, kana zvichidiwa, kubvunzurura uye kubvonyongora tsika nemafungiro akagara aripo.



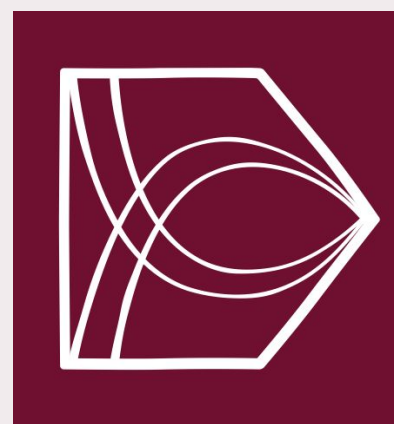
Tariro neKuvimba

Kuvaka nekuchengetedza kubatana kuti tinokwanisa kugadzira ramangwana rakarurama, rinosanganisira vanhu vose, uye ramangwana rakanaka



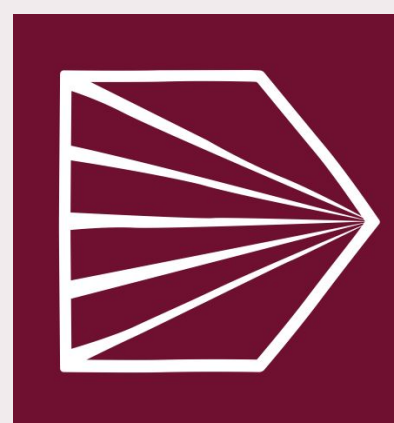
Kushandiswa Kwezviwanikwa Neruzivo

Kuita tichiziva kuti zviwanikwa zvepasi zvinoshomeka, tichikoshesa kuchengetedza, kusimudzira, uye kushandisa neungwaru, kudzivirira mashandisiro anotikuvadza..



Kufanoronga

Kutanga kushanda nhasi kugadzirira ramangwana, tichitora mutoro wezvinetso zviripedyo, tichitevedza rudo rwevanhu nekuchengeta nyika.



Kusimbarara

Kutirira matambudziko nechiremera, kuramba wakasimba, uye kutsungirira kunyange kufambira mberi kuchinonoka kana kusina chokwadi.