

CARP Bay Area: Studying the Inner Habits of a Global Citizen with Bento Leal

Gabriela Von Euw and Junta Naito
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"Men become builders by building and lyre players by playing the lyre; so too we become just by doing just acts, temperate by doing temperate acts, brave by doing brave acts." -Aristotle

On March 6, we hosted guest speaker, Bento Leal, to present on the theme of nourishing our relationships. He emphasized that cultivating "our relationship garden" takes effort and consistency, and the building of good habits.

Moving forward, the focus of this semester's campus programs will be – the practice of inner habits of a global citizen, and today's meeting introduced that theme. Erika Gordon opened the program with a talk titled "Habits of the Heart" which was followed by reflection and pair shares. Erika emphasized the importance and value of creating habits in our daily lives to strengthen and grow our hearts and character.



When looking at the role models in your life, how do you think they became who they are? To become who we aspire to be, to be strong and confident in who we are, Erika expressed the importance of the

inner mindset we carry and how that impacts the quality of our actions – or practice of good habits – towards positive change.

We may feel stuck at times in our lives and wonder how can get to where we want to be. Action with a clear inner intention is how we get there. We will continue to go over each of the inner habits in becoming a global citizen every Tuesday on campus and encourage everyone to share their experiences in working towards creating these habits.



This past weekend, the CARP core team came together and created "CARP games." The purpose is for students to share how they are practicing the inner habits of a global citizen in their daily lives, as discussed at the CARP campus programs.

Students are invited to participate in the games by joining the [CARP Games Facebook page](#) and making a post with an explanation and picture about how they were able to practice the inner habits they are working on. Through this action step, we hope to be a source of encouragement and support to one another as we grow our character and heart to be global citizens and the people we aspire to be.

Inner Habits of a Global Citizen:

Gratitude

Power of Words

Reflection

Silence (Meditation, Prayer, etc.)

Mentorship

Challenging Your Limitations

Service

Healthy Relationships