

# Core Essence Human Connection Skills

The Superpowers of Human Nature

## Drive to BE free

Self-determination  
Self-trust  
Action bias



CHOOSE YOUR ADVENTURE!

## Love to BEfriend

Collective care  
Co-create  
Empathy



CHOOSE YOUR COMPANIONS!

## Courage to Dream

CHOOSE YOUR DESIRE!  
Self-worth  
Self-love  
Purpose



CHOOSE YOUR PRACTICE!

## Urge to BEcome

Self-expression  
Spirit of play  
Creativity



CHOOSE YOUR ENVIRONMENTS!

## Need to BELong

Social-value  
Social safety instinct  
Inclusivity



CHOOSE YOUR BELIEFS!

## Ability to BELieve

Self-preservation  
Self-confidence  
Intuition

