

# VITAMINS

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## FOR BIODIGNITY

*A reflection*

Vitamins are essential substances for living.  
How about for living dignifyingly?  
Here is a list of vitamins for biodignity.  
You are asked to expand and probe the list.

### VITAMINS:

- A** ALTRUISM
- B** BENEVOLENCE
- C** COMPASSION
- D** DECORUM
- E** EMPATHY
- F** FRIENDLINESS
- H** HONESTY
- K** KINDNESS
- M** MAGNANIMITY
- P** PEACE

Ever thought about Vitamins for  
sustaining dignity at the personal,  
interpersonal, intragroup,  
international levels?