The Eightfold Path

1. Right Thought
   Believe in the nature of existence as suffering and in the Four Noble Truths.

2. Right Intent
   Incline toward goodness and kindness.

3. Right Speech
   Avoid lies and gossip.

4. Right Action
   Don’t steal from or harm others.

5. Right Livelihood
   Reject work that hurts others.

6. Right Effort
   Prevent evil and do good.

7. Right Mindfulness
   Control your feelings and thoughts.

8. Right Concentration
   Practice proper meditation.