

Blessing Way Teachings

1. Hwił ilí – To be respectful
2. Há' áhwiinít'í – To be kind, nice, friendly
3. Ádił jídlí – To have self respect
4. Hazhó'ó ajíisísts'áá' – To listen carefully
5. Ádééhonisdzin – to have a positive self-identity
6. Honishyá – To act mature
7. K'é nisdzin – To acknowledge my relatives/ I will show kinship
8. Ha'íiníshní – To have a strong heart and mind
9. Ahééh jinízin To be thankful/to be appreciative
10. Ádaa nijít'í – To have manners
11. Hazaad baa' áhojilyá – Use positive language
12. Hahózhó -To be positive/happy
13. Shinaanish baa hááh nisin – To be responsible for my school work
14. Ólta' bíneeshdlí- To be motivated
15. Ádá hozhdiilzin To have reverence for myself
16. Na'ádíníshthaah – To challenge oneself
17. Hane' jinídzin Seek traditional knowledge
18. K'é Kinship

Protection Way Teachings

19. Doo hwił hóyéeda Never be lazy
20. Doo ádahozhdeeláada Never be impatient
21. Doo ak'e' jídlíida Never be overly emotional
22. Doo ni' na'ahozhdiltéeda Do not be overly reluctant
23. Doo adááh yájiłti'da Do not be argumentative
24. Da dílziní jidísín Respect the sacred
25. Azhdíłt'is Have discipline and be prepared for challenges
26. Doo nijichq'da Do not get mad easily
27. Doo yázhnísinda Do not be shy
28. Doo t'áadoole'é bich'í' nijíłjida Do not be hesitant