

The Eightfold Path

Write a short explanation of each of the steps in The Eightfold Path. Use the words in the box below to help you.

Right understanding is about:

Right Intent is about:

Right Speech is about:

Right Action is about:

Right Livelihood is about:

Right Effort is about:

Right Mindfulness is about:

Right Concentration is about:

committing
help
focus

positive
self-discovery
negative

learning
attitude
thoughtful

harm
actions
considering