

# 7 Grandfather Teachings

The Seven Grandfather Teachings are core Anishinaabe (Ojibwe) guiding principles for living a balanced "good life" (mino-bimaadiziwin).

They are:

**Wisdom (Nibwaakaawin)**

**Love (Zaagi'idiwin)**

**Respect (Manaaji'idiwin)**

**Bravery (Aakde'ewin)**

**Honesty (Gwekwaadziwin)**

**Humility (Dbaadendizwin)**

**Truth (Debwewin)**

When we care for ourselves in balanced ways, we actively practice Love, Respect, Bravery, Truth, Honesty, Humility, and Wisdom, not just toward others, but toward ourselves.