



FEELING CLOSER TO OTHER PEOPLE

- * Reflect on what I need and how that need will be met
- * Respect others have needs too
- * Learn to trust and set boundaries
- * Be interested in what matters to others
- * Find people who are interested in what matters to me
- * Be someone others can talk to without being judged
- * Learn to be my own best friend
- * Have a balance in relationships, include me time
- * Be my authentic self and keep it real
- * Show courtesy to others, I would expect myself

To me,

This is to remind me, I can make changes if I choose to, which are good for my wellbeing and I have the right to make my own plans and have my own dreams. On I made a promise to myself to:

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Even if I forget, this card is a gentle reminder of the promise I made to myself. To remind me of the opportunity to take steps, no matter how small, each day to help me achieve my goals.

Lots of love,

Me xxx

“For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone.”

- Audrey Hepburn