

Tips to be more interested in others

- * Recognise & address compassion fatigue
- * Consider your relationships with others
- * Don't feel it's all for you to fix
- * Be interested in others' dreams
- * Be curious about other views
- * If you face challenges, seek advice
- * Be kind to yourself
- * Learn the art of conversation
- * Find areas you share in common
- * Learn to listen and hear



To me,

This is to remind me, I count and have the right to make my own plans
and have my own dreams and to make time for my own wellbeing.

On the.....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

“As individuals we
can influence our
own families. Our
families can influence
our communities and
our communities can
influence our nations.”

- Dalai Lama