

I AM CARING

My heart is warm and open. Treating others with kindness and respect makes me feel closer to them. I feel happy. Cherishing others gives me a warm glow.

I find satisfaction. Even if my bank account is running low, I can have a positive impact on others by listening to them and validating their feelings.

I love my family and friends. I pay attention to their needs. I prepare healthy family dinners and keep my home comfortable and safe. I take an interest in what my friends are going through. I am reliable and supportive.

I demonstrate team spirit at work. I share constructive feedback and let others know when they are doing a great job. I remember the details of their personal lives. I engage fully in meetings and group projects.

I offer assistance to those who are struggling. I tutor children who are falling behind in school. I ask an elderly neighbor if they need help with grocery shopping and yard work.

I share my time, money, and talents. I donate to charities and practice random acts of kindness.

I protect the environment. I conserve energy and recycle. I limit my consumption.

I care for my own welfare too. I build my capacity to care by eating nutritious food, exercising regularly, and sleeping well.

Today, I show others how much they mean to me. I am caring and loving.

REFLECTION QUESTIONS

1

How do I show kindness and respect to others in my daily interactions?

2

What are some ways I can support and validate the feelings of my loved ones?

3

How can I balance caring for others and taking care of my own welfare?