

I KNOW EVERYONE IS DOING THE BEST THEY CAN

I avoid judging others because I know that everyone is doing the best they can with the circumstances they face. Each day, everyone's ability to be kind, successful, happy, and patient varies.

Negative circumstances and past experiences affect a person's ability to deal with any particular situation at any particular time.

By believing that everyone is doing their best, I am less likely to take things personally. I assume that someone is having a bad day when they treat me poorly. I have faith that each person is good in their heart.

I know that the behavior of others has little to do with me. I can be perfect and still receive negative comments. I allow the negativity of everyone to roll right off my back.

My belief in others helps to prevent me from becoming frustrated with them. If I believe that everyone is doing their best, I can avoid frustration, anger, and other negativity. I maintain my positive demeanor.

I have compassion for everyone I meet. I give others the benefit of the doubt without putting myself in harm's way.

Today, I trust that everyone around me is doing the best they can. I intend to have a good day and give my best, too. I am putting a premium on patience and understanding.

REFLECTION QUESTIONS

1

How can I practice compassion and avoid judgment towards others?

2

What mindset can I adopt to not take others' negative behavior personally?

3

How does believing in others' goodness help me maintain a positive demeanor?