

## UNITY IS STRENGTH

I believe in the power of unity. There is strength in numbers.

I bond with family and friends. My loved ones accept me as I am. They make me feel loved and understood. We celebrate our victories and comfort each other during setbacks. We enjoy deep conversations and silly jokes.

I help my neighbors. We share tools and kitchen appliances. We organize block parties and carpools. We watch each other's homes when we are on vacation.

I network with colleagues and work as a team. I find satisfaction in helping others to reach their goals. I benefit from their constructive feedback and practical suggestions. I accomplish more when I cooperate and collaborate with others.

I join clubs and socialize. I contribute helpful information and encouraging comments. I speak kindly and maintain a positive tone.

I volunteer at local charities. I sort cans at food pantries and pick up litter at nearby parks. I invite my family, friends, and coworkers to join me for group projects.

I support neighborhood businesses. I help to promote close relationships, a vibrant economy, and clean environment.

I participate in my faith community. I strengthen my beliefs by worshipping with others. The power of my prayers is amplified.

Today, I build a network of mutually supportive relationships. I connect with others who share my interests and values. I seek opportunities to be of service. I help myself and others to feel like we belong.

## REFLECTION QUESTIONS

**1**

How can I build and nurture a network of supportive relationships?

**2**

What actions can I take to promote unity and collaboration in my community?

**3**

How can I contribute to the strength and cohesion of my family, friends, and colleagues?