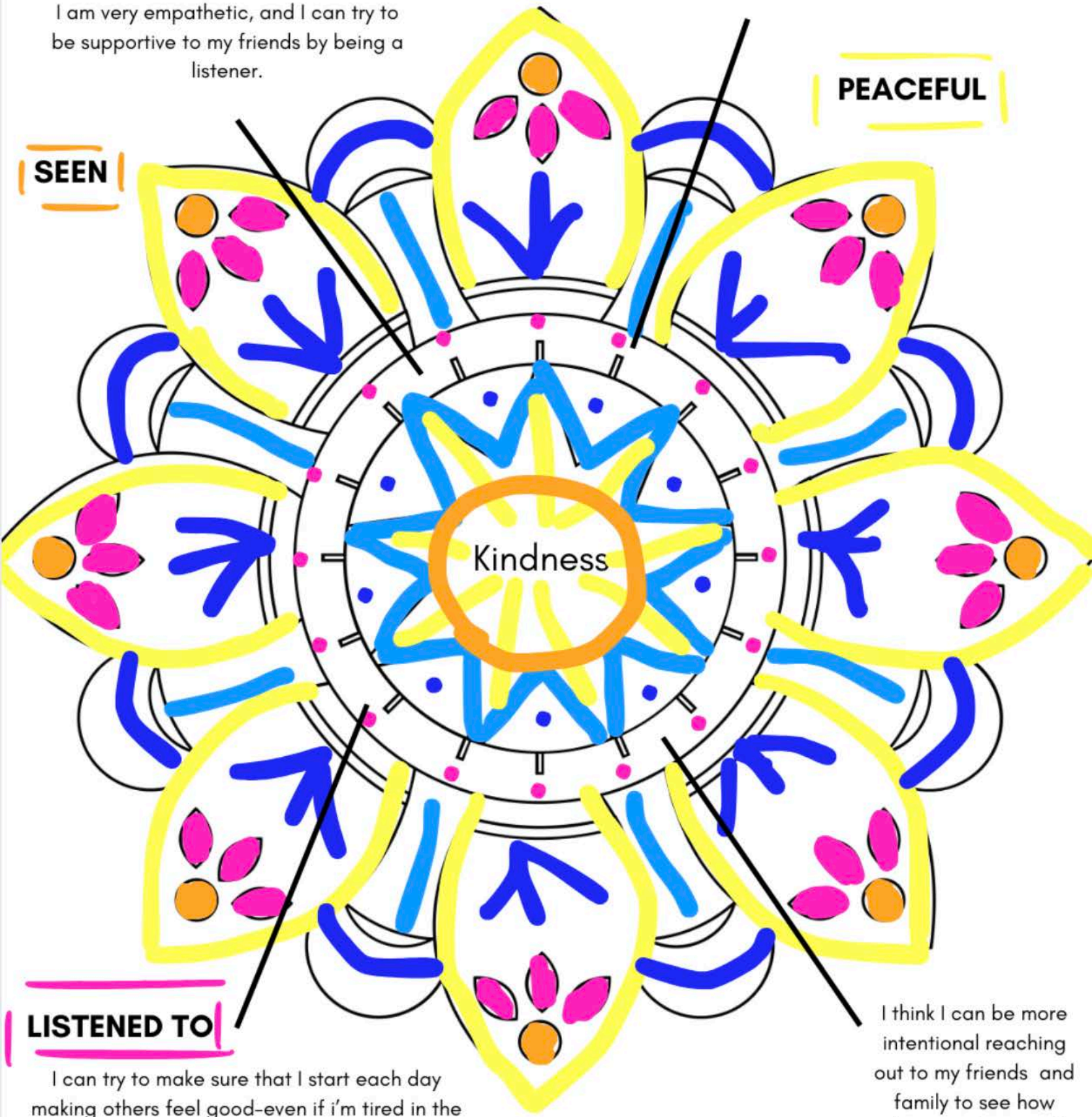
SUPPORTED

I am very empathetic, and I can try to be supportive to my friends by being a listener.

Talking to someone new and just being open minded every week. Even if it is out of my comfort zone, smiling at someone, saying hello to someone, and making an effort to be involved in my community.

PEACEFUL

SEEN



LISTENED TO

I can try to make sure that I start each day making others feel good-even if i'm tired in the morning, saying good morning to others and trying to brighten others day-even offering to help someone I don't know with something if I see them

ENCOURAGED

I think I can be more intentional reaching out to my friends and family to see how they are doing and also to make sure I am trying to see the best in others.

Paragraph example: Thinking back to something that I did that was kind for someone, I surprised my grandma by traveling for her 80th birthday a few years ago-it's actually one of the first moments that came to my mind. She was going to be alone the day of her birthday, but I didn't want her to be alone, so I came and surprised her. It made me feel so good to know I was going out of my way to travel and to make sure that she felt loved on her birthday. We went out to dinner, and it was so sweet to see how happy and grateful she was. I really feel like I'll always remember this moment, and I know she will too. I know it made me feel more connected to her especially since her health wasn't the best at the time. At first, I made so many excuses, and said I was busy and couldn't go, but I'm also proud of myself for taking the time to prioritize a day that was so important to her and helped make her feel special.