

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: PRACTICE TEAMWORK!



With the support of a team, we are even more powerful than when we are alone. Want to learn more about how to gain the power of teamwork?

"Individually we are one drop. Together we are an ocean." -Ryūnosuke Akutagawa

The quote above represents the power of teamwork. Every person is important and has their own strengths, but when we come together we are able to accomplish even more! We may practice teamwork in settings such as at our jobs with our coworkers or in our homes with our families/roommates. To have good teamwork, it is important to be compassionate.

Compassion can be defined as understanding another person's feelings and perspective, and wanting to help them. It is important for teammates to show compassion to one another. For example, we can show compassion by being aware if our teammates are feeling down and offering support where we can or actively listening without judgement. There are many ways we can show compassion through our practice of teamwork.

Practice Compassion Today:



1. CONSIDER THE TEAMS YOU ARE CURRENTLY PART OF. WRITE DOWN SOME WAYS YOU ARE A GOOD TEAMMATE ON THAT TEAM.
2. HAVE CLEAR GOALS. SIT DOWN TOGETHER AS A TEAM, DISCUSS AND WRITE DOWN THESE GOALS. IT WILL BE IMPORTANT FOR YOU EACH TO BE WORKING TOWARDS THE SAME GOALS.
3. LISTEN & BE OPEN TO OTHERS' THOUGHTS AND OPINIONS. TO SUCCESSFULLY WORK TOGETHER, IT'LL BE IMPORTANT TO BE WILLING TO DISCUSS SO THE TEAM CAN MAKE DECISIONS TOGETHER.
4. DEVELOP TRUST. THE MORE YOU ENGAGE WITH YOUR TEAM AND ARE HONEST, OPEN, AND RESPECTFUL IN COMMUNICATION, THE MORE TRUST WILL BE BUILT.
5. ASSURE THAT EACH PERSON IS COMMITTED TO THE TEAM. MAKE SURE EACH TEAM MEMBER UNDERSTANDS HIS/HER VALUE TO THE TEAM AND WHY THEY ARE EACH NEEDED.
6. WHICH TIPS DO YOU NEED TO WORK ON? ON THE PAPER YOU WROTE HOW YOU CURRENTLY SUPPORT YOUR TEAMS, WRITE DOWN HOW YOU CAN IMPROVE BASED ON THE PREVIOUS TIPS.



Parent Practice Tip:

Your family is a team that works together each day. Discuss with your child the importance of working together and each person doing their part.

To Learn More:

**[Teamwork Video For Children](#)
[Teamwork Short Animated Film](#)**

www.ChooseLoveToThrive.org