

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: CONSIDER OTHERS' WELL-BEING



What can you do for others? During this pandemic, create a list of things that show consideration for other's well-being.

You are not alone in the world. There are people who care about you whether you realize it or not. They consider your well-being, so why not consider theirs?

There are many ways to show someone you care about their well-being. You can remind your loved ones to drink water daily, make them a snack, listen to their feelings, etc. All these things portray a sense of compassion and love that is irreplaceable to many people. The world is definitely a better place when we all take the time to show we care about each other. Right now, the world needs us to think about others' well-being a little bit more than usual. We need to remember that all of our actions produce a reaction that could affect the people around us. In regards to the pandemic, there are many actions we can take to protect the well-being of others such as wearing a mask and social distancing. Take the time to think about ways you can show consideration for others.

Practice Compassion Today:



1. GRAB A PIECE OF PAPER AND A WRITING UTENSIL.
2. REMEMBER A TIME WHEN SOMEONE WAS CONSIDERATE OF YOUR FEELINGS/WELL-BEING AND THINK ABOUT HOW IT MADE YOU FEEL.
3. USE THOSE POSITIVE FEELINGS TO CREATE A LIST OF ACTIONS YOU CAN DO TO BE CONSIDERATE OF OTHERS' WELL-BEING.
4. REVIEW THE LIST AND PRACTICE THE ACTIONS YOU CREATED.



Parent Practice Tip:

Take some time to create your own list with your child(ren). Write down things you can do to show consideration for others and share it with your child(ren).

To Learn More:

Let's Choose Love
Compassion-In-Action
How to Help Your Child's
Compassion Grow

www.ChooseLoveToThrive.org