

# Today I do the work...

- for the community
- to help families
- to foster hope
- to treat people with respect
- to take a step toward ending poverty
- because it is my calling
- to honor my history
- because I believe change is possible
- to acknowledge other's strengths
- to foster skills in others
- because helping others fills me up
- to create safety
- to build relationships
- to use my skills, gifts and talents to their fullest capabilities in ways that reflect my values
- to inspire and be inspired
- because I understand the impacts trauma can have
- to learn and grow
- \_\_\_\_\_

## Today I will practice...

- expressing empathy
- staying out of judgment
- awareness of my biases
- being collaborative
- being creative in my work
- acknowledging other's strengths
- creating safe relationships
- awareness of my non-verbal communication
- considering trauma impacts
- reflective listening
- considering stage of change
- awareness of roadblocks to listening
- being empowered
- empowering others
- using my voice in a way I will be heard
- self-care by:  
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- affirmations of others
- \_\_\_\_\_