

Pondering Point

Creating positive relationships with people is a valuable part of life - whether with friends, loved ones, colleagues, students, or members of the community. Knowing we have allies can make our lives richer. Think of someone that you are friends with. Why are you friends with them?

Healthy relationships build gradually. It takes time and energy to foster mutual respect for one another. These personal connections have the opportunity to get stronger over time.

Therefore it is important that people learn and use the skills that keep their relationships positive and moving in a healthy direction.

**When was the last time
you told someone
you care about WHY
you care about them?**

Do you see these same caring traits in yourself?



Imagine... knowing where you stand with people because they shared this with you. Refreshing, isn't?

— From Pondering to Practice —

Activity

- Think about a person that you know or work with that you feel does a good job at what they do.
- Write that person a letter and explain why you appreciate him or her and let them know you think they are great.
Be sure to list all the reasons why you feel this way – the more detail, the better they will understand what you mean.
- Send that person a letter, a postcard or even an email to express your thoughts.
- Receiving your comments will brighten that person's day and should make you feel good knowing that sharing your thoughts is helping to strengthen your relationship.

**Maybe that person didn't even know you felt that way.
Imagine his or her delight!**



Self Reflection Activity → Celebrate YOU!

Journal or make notes of the caring traits you have that you feel contribute in positive ways to your relationships with family, friends, coworkers, and everyone you come into contact with throughout the day.

Try to make a few notes every day for one week, then set this aside and come back to it at a later date.

You might be surprised at what you can discover about yourself when you allow time for self reflection.

Give yourself this gift...

"The value of a relationship is in direct proportion to the time that you invest in the relationship."

- Brian Tracy, author & speaker