



Investing In **RELATIONSHIPS** (R)

BEING COMPASSIONATE	BE AVAILABLE Try to make yourself physically, mentally and emotionally available to others.	MAKE TIME TO CONNECT Invest in small moments of positivity resonance by sharing heartfelt positive emotion.
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INVESTING IN TRUST	GIVE AWAY CONTROL Each day try to delegate one thing to others to convey your trust in them.	ASK FOR INPUT Seek the input of others to demonstrate your trust in their knowledge and skills.
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GIVING EFFECTIVELY	DO A 5 MINUTE FAVOUR Each day take 5 minutes to help someone in your network.	BE POWERLESS Create win-win conversations by asking questions and giving everyone a chance to speak.
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BUILDING PSYCHOLOGICAL SAFETY	VALUE CONFLICT Look for ways to create win-win outcomes when people's opinions and hopes differ.	SPEAK HUMAN Recognise peoples need for respect, competence, social status, and autonomy.
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NAVIGATING INCIVILITY	VALUE CIVILITY Take the civility quiz at www.christineporath.com and see how well you're doing.	GAIN CLARITY Will you lift people up today or bring them down? Who do you want to be?
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Source: Your Wellbeing Blueprint by Michelle McQuaid and Peggy Kern