

How Considerate Have You Been Today?

Your actions have a larger impact than you may realize. Take a moment to reflect on how your emotions may have affected others today.

- **Have you considered others' feelings today?**
- **When someone came to you with an opinion, did you disregard it right away?**
- **Have you talked to anyone about how you're feeling?**

Think about how today's interactions could've been improved by considering others' emotions. Each day is an opportunity to grow and improve. Let's make tomorrow even better.



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