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.