

Setting goals, making changes

This final set of cards is for choosing what areas might most benefit from our attention and effort to improve. It helps to choose small achievable next steps as well as bigger visions and goals. Most people find it works best to be encouraging and empathetic with ourselves, rather than demanding or blaming. The first cards offer familiar choices for growth. Use blank cards to pursue others.

goals,
next
steps.....

Listening, Empathizing...

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.....4b

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goals,
next
steps.....

Helping, Serving...

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.....4b

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goals,
next
steps.....

Advocating, Organizing...

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.....4d

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goals,
next
steps.....

Engaging Differences, Conflict...

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.....4e

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goals,
next
steps.....

Encouraging, Leading...

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.....4f

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goals,
next
steps.....

Nurturing, Recharging...

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.....4g

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goals,
next
steps.....

Simple living, Sustainability...

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.....4h

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goals,
next
steps.....

Patience, Persistence...

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.....4i

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goals,
next
steps.....

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.....4j

goals,
next
steps.....

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.....4k

goals,
next
steps.....

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.....4l

The truly happy are those who have found how to serve. **Albert Schweitzer**

You learn to speak by speaking, to run by running, to work by working, to love by loving. **St. Francis de Sales**

Service is rent, and the very purpose of life. **Marion Wright Edelman**

If there's a secret to working well with others, it is in nurturing our gifts of empathetic attention. We're not here to judge people; but to connect with, to encourage, to unlock, to empower. **Glen Gersmehl**

You cannot resist loving the person you have really come to understand. **Thich Nhat Hanh**

People need loving most when they deserve it least. **John Harrigan**

It is time for us to roll up our sleeves and put our true selves at the top of our commitment list. **Marion Wright Edelman** 4a

The most powerful agent of growth and transformation is something more basic than any technique: a change of heart. **John Wellwood**

Action: the antidote to fear or doubt **Joan Baez**

Trust others and they will be true to you. Treat them greatly and they will show themselves great. **Emerson**

Good leadership is less about doing great things than about **encouraging others** in their contributions and skills, gifts and confidence. It is more about **listening to** than directing others. A good leader nurtures a spirit of **cooperation**, of **working well together** to reach the group's highest aspirations. **Glen Gersmehl**

The best way out is always through. **Robert Frost**

The most important trip you may take in life is meeting people halfway. **Henry Boyle**

All that irritates us about others can lead us to greater understanding about ourselves. **William James**

Others are not against you. They are merely for themselves. **Gene Fowler**

To some degree it matters who's in office, but it matters more how much pressure they are under from the public. **Noam Chomsky**

Never doubt that a small group of committed people can change the world. Indeed it is the only thing that ever has. **Margaret Mead**

Educate, agitate, organize! **Susan B. Anthony**

Patience is the mark of true love. If you truly love someone, you will be more patient with them. **Thich Nhat Hanh**

Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work; you don't give up. **Anne Lamott**

Of all the liars, the worst are our fears. **Twain**

The best things in life aren't things. **Art Buchwald**

Teach us to delight in simple things. **Rudyard Kipling**

I have the greatest of all riches, that of not desiring them. **Eleanora Duse**

In a consumer society there are two kinds of slaves, the prisoners of addiction and the prisoners of envy. **Ivan Illich**

When you recover or discover something that nourishes your soul or brings joy, care about yourself enough to make room for it in your life. **Jean S. Bolen**

Keeping hearts happy is a lot like keeping bodies healthy. We need to feed our hearts well through reading, prayer, and meditation, and exercise them by loving. **Jan Nakken**

Your life may be the only Bible some people read. **Anon.**

Try to get even only with those who have shown kindness. **Anon.**

We need other human beings to be human....We can be human only together. **Desmond Tutu**

The first duty of love is to listen. **Paul Tillich**

No one is more cheated than the selfish person. **Henry Ward Beecher**

To the wise, every situation is an opportunity to break free. **Rumi**

Kindness accomplishes much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate. **Albert Schweitzer**

Compared to what we might be, we are half awake. **William James**

Be willing to be a beginner each morning. **Meister Eckhart.**

One of the great necessities in America is to discover creative solitude. **Carl Sandberg**

When you cease to make a contribution You begin to die. **Eleanor Roosevelt**