



## To feel more useful, I will:

- \* Look for opportunities to be kind to others
- \* Value myself and what I have to offer the world
- \* Share my time with someone who needs it
- \* Learn the difference between being used & useful
- \* Think not what the world can do for me, but what I can do for the world
- \* Learn to be a good listener
- \* Support other people's dreams
- \* If there are problems seek to help find solutions
- \* Be creative & share what I create

To me,

This is to remind me, I can make changes if I choose to, which are good for my wellbeing and I have the right to make my own plans and have my own dreams. I made a promise to myself to:

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Even if I forgot, this card is a gentle reminder of the promise I made to myself. To remind me of the opportunity to take steps, no matter how small, each day to help me achieve my goals.

Lots of love,

Me xxx



“It is under the greatest adversity that there exists the greatest potential for doing good, both for oneself and others.”

- Dalai Lama

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