

**SELF ANALYSIS**

Regularly think about your actions and behaviour. Be honest with yourself about where you behaved well and where you didn't.

Improve **YOUR RELATIONSHIPS** by being aware of some simple rules.

**HONESTY AND INTEGRITY:** Always be honest and truthful in all your dealings with everyone. Act with sincerity but remain true to your values. Sometimes it will be challenging!

**GRATITUDE**

Always be grateful. Appreciate the positive things in your life. Thank people if they contribute to your wellbeing and happiness.

**CURIOSITY**

Stay curious and be interested in other people. Be open to other ways of thinking and new ideas. This helps foster friendship and personal and intellectual growth.

**EMOTIONAL CONTROL**

Manage your emotions effectively. Recognise other people's emotional needs and respond with empathy. It is not always about YOU!

**EMPATHY**

Regularly put yourself in others' shoes. Try and understand different perspectives. Be kind and compassionate.

**POSITIVITY**

Focus on solutions rather than problems. Approach people and relationships with a great attitude and people will respond accordingly.

**BECOME A BETTER PERSON**



**PATIENCE**

Patience when dealing with people always pays off.

