

Feb-Mar 2025



MONTHLY NEWSLETTER

Ambassador Times



@ambassadorDXB



@ambassador-school



ambassadorschool.com



+971 04 398 3535 / +971 55 910 7306



@ambassadorschool



@ambassadorschool.ae



@ambassadorschooldubai



admissions@ambassadorschool.com



Connecting Hearts.....Connecting Minds...

From the Principal

LOOKING FORWARD WITH VALUED REFLECTIONS

'Looking back is to reflect and moving ahead is the only way forward, as change is the truest constant.'

As we close the chapter on another remarkable school year, I invite you to reflect on the powerful truth that every end heralds a new beginning. Just as the setting sun promises the arrival of a new dawn, the conclusion of our academic year is not simply a farewell; it is an opportunity to build on our past achievements, learn from our challenges, and step forward into fresh possibilities.

This year, we have celebrated milestones, overcome obstacles, and grown both as individuals and as a community. Every challenge we faced and every success we achieved has prepared us for the next exciting stage of our journey. Like pages in a book, each ending has added depth to our story and provided valuable lessons that pave the way for future adventures in learning and growth. It is good to look back and perhaps healthy to have reflections on 'what went well' and what could have been 'even better if'. We were elated with the multitude of activities that teachers planned and executed surrounding a myriad of themes and immensely inspired with the new entries which gave our school a distinctive recognition. We were jubilant with our Annual Day, Graduation Ceremonies, Annual Sports Day to name a few and overjoyed with the talent pool that we saw in the school's maiden Theater Festival'. We felt the

pulsating excitement and thrill surrounding our Carnival Carousel. Alongside, we also felt and learnt the pockets which required additional bolstering during our reviews. The past year has been another significant year of learning and making us even more determined to continue with the legacy of building generation with a wholesome education and grooming for the present and the future world.

Let us embrace change with optimism and a spirit of resilience. Whether it is transitioning to a new grade, exploring fresh interests, or even saying goodbye to a cherished routine, remember that these endings are simply doorways to new beginnings. They encourage us to step out of our comfort zones, ignite our curiosity, and empower us to pursue our dreams with renewed energy. The phrase "Man cannot discover new oceans unless he has the courage to lose sight of the shore" by French explorer, Andre Gide, conveys a powerful message that in order to discover something you have never known before, you must be courageous and willing to let go of what is familiar and comfortable.

I encourage everyone in our school community to look back with gratitude and forward with excitement. Our collective efforts, unwavering commitment, and shared passion for excellence ensure that every conclusion is the spark for a promising new start. Together, let us continue to build a culture where learning is celebrated as an endless journey and every farewell is also a heartfelt welcome to what lies ahead.

Wishing you all a rejuvenating break and an inspiring start to the new chapter in our shared journey.

Warm regards
Dr. Sheela Menon
Principal



Highlights of the Month

SPECTRUM 2025



KG ANNUAL DAY 2025



HIGHLIGHTS OF THE MONTH

SPECTRUM 2025

Our performers for SPECTRUM 2025 took the stage with elan. SPECTRUM 2025 like every year made a strong impact on the audience and their judges. Each and every student had put up his/her best. It was indeed a difficult task for the many judges who sat to evaluate their performances. They danced with honesty bringing out their learning with utmost sincerity, they sang with their heart's content and they played their instruments with complete joy. SPECTRUM is just one of the many platforms that ASD students use to showcase their talents, their progress in the pursuit of their passion year by year and prove their time management skills as they balance their passion with academic responsibility. We encourage all our students to continue to ace their areas of interest, never to give up their learning and to stay determined to learn more and get better.

Well done, dear students. You all are great artists and performers!



HIGHLIGHTS OF THE MONTH

KG ANNUAL DAY 2025

Our little stars took us on a fun-filled trip down the memory lane with their incredible retro-themed performances! From groovy dance moves to infectious energy, the students absolutely *mesmerized* the audience with their charm and talent. The stage was set on fire with their enthusiasm, and it was clear that their hard work paid off in every beat and every step. A huge thank you to all al who made this unforgettable event possible!



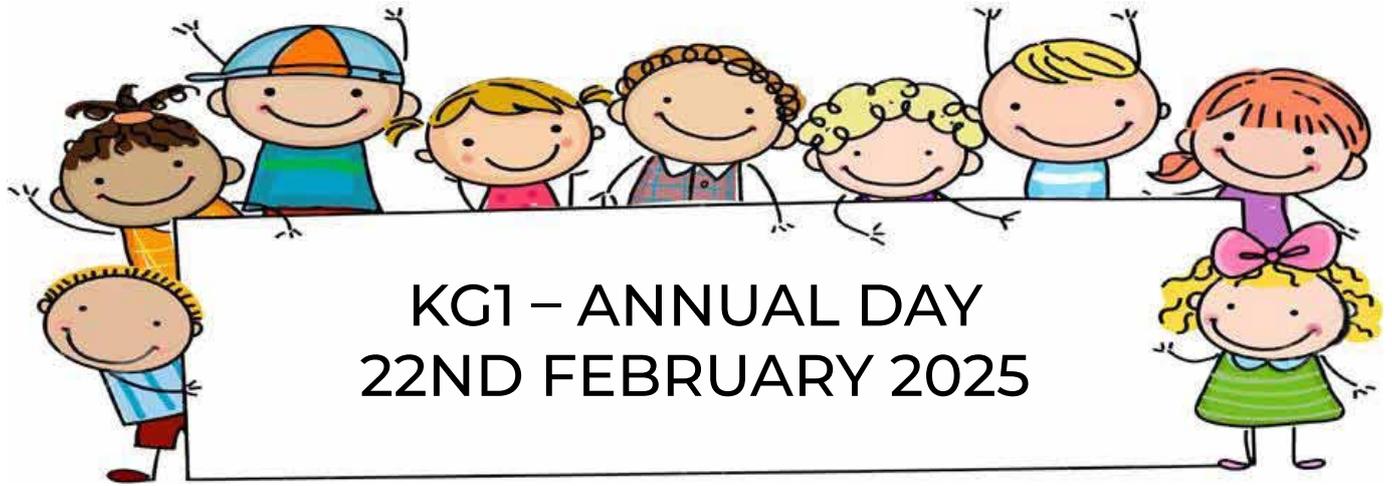
KINDERGARTEN CAMPUS



Our little stars from Pre KG stole the show with their stunning performances at the Whimsical Kinderland circus-themed carnival! From acrobatics to heartwarming acts, they dazzled everyone with their talents. What an unforgettable day of laughter, joy, and endless fun!



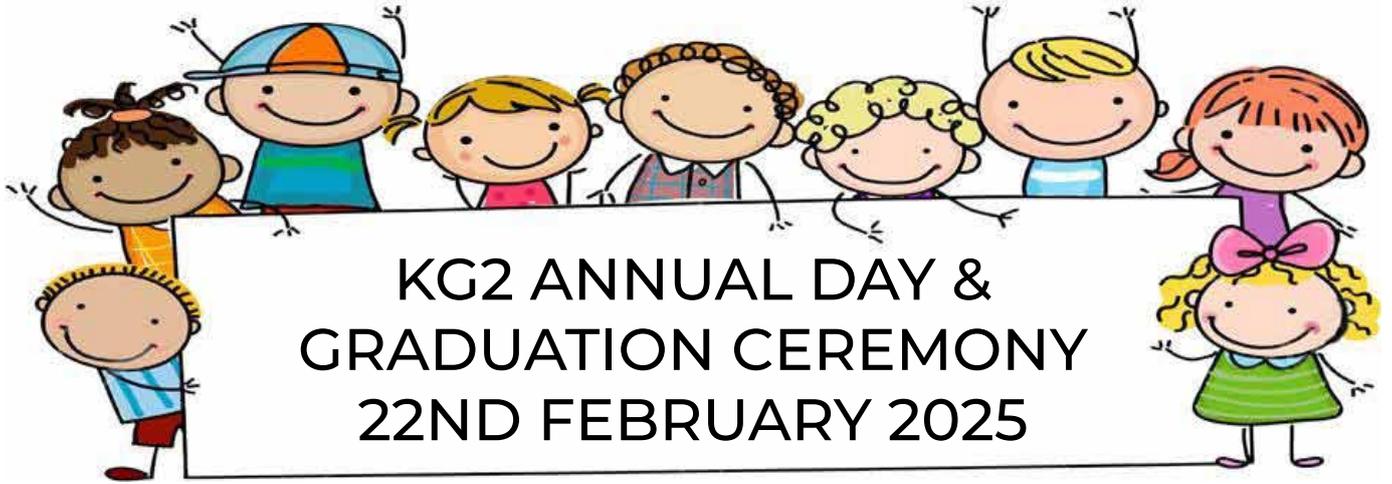
KINDERGARTEN CAMPUS



Our little stars took us on a fun-filled trip down the memory lane with their incredible retro-themed performances! From groovy dance moves to infectious energy, the students absolutely *mesmerized* the audience with their charm and talent.



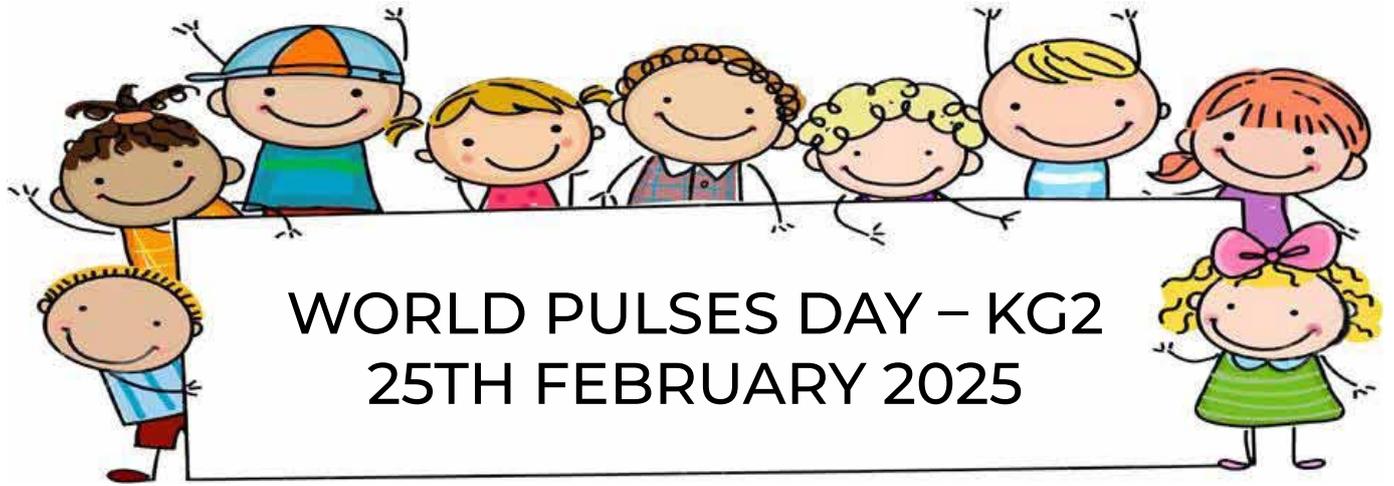
KINDERGARTEN CAMPUS



It was a memorable day at the KG2 Annual Day and Graduation Ceremony! Our little graduates truly lived up to the theme **"ASPIRE TO INSPIRE"**, showcasing their dreams and what they aspire to become through their incredible dance performances and KG2 Class of 2025 Graduation Ceremony as they prepared to take their first steps into the primary school.



KINDERGARTEN CAMPUS

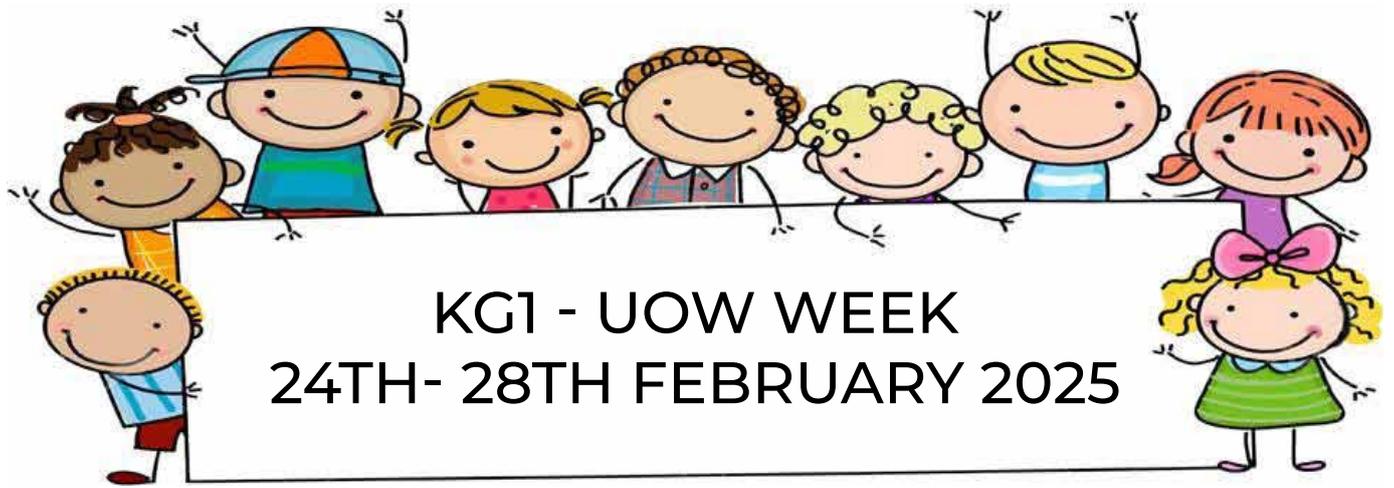


**WORLD PULSES DAY – KG2
 25TH FEBRUARY 2025**

Our little ambassadors participated in a discussion on the importance of pulses in our daily diet, learning how these superfoods contribute to good health and sustainability. To make the experience even more exciting, students brought delicious homemade food made from pulses, sharing their meals and stories with friends.



KINDERGARTEN CAMPUS



From transforming into little scientists — experimenting with Float and Sink to discover which objects float on water and which ones sink — to mastering essential life skills like folding clothes, buttoning and unbuttoning shirts, and even tackling the challenge of tying shoelaces — it was a week full of hands-on learning during the UOW week.

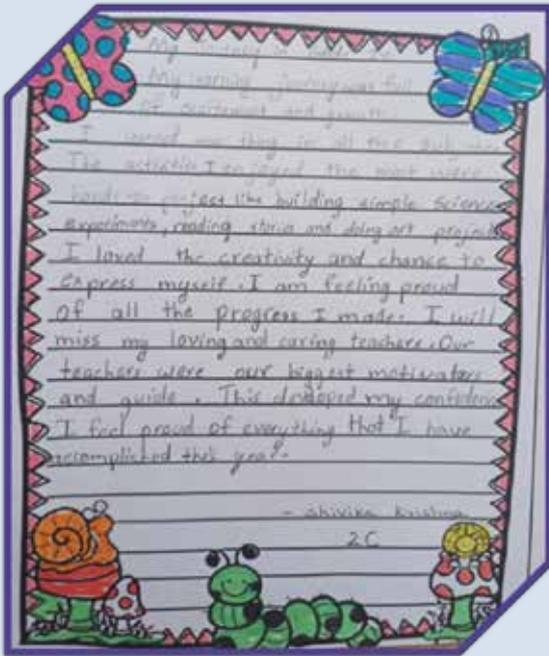


CLASS MAGAZINE PRIMARY

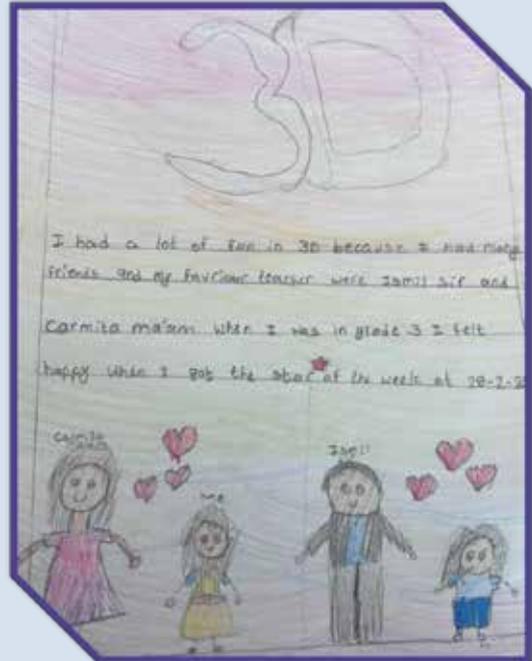


My Learning Journey This Year!

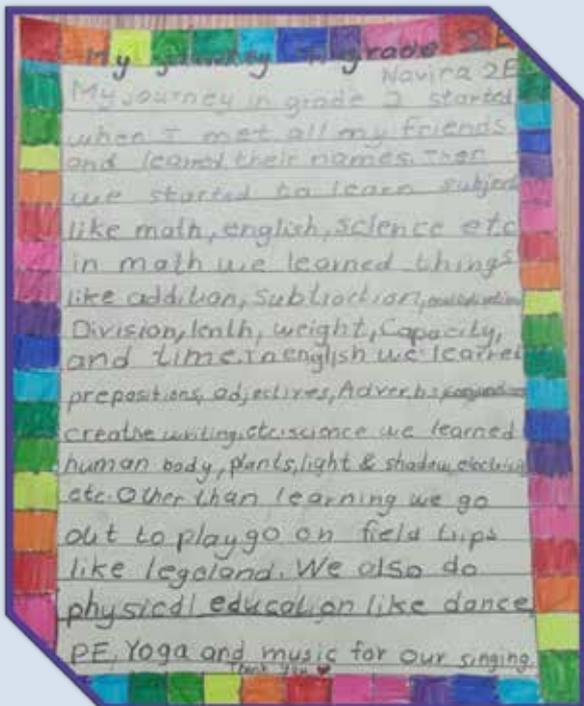
MY SPACE



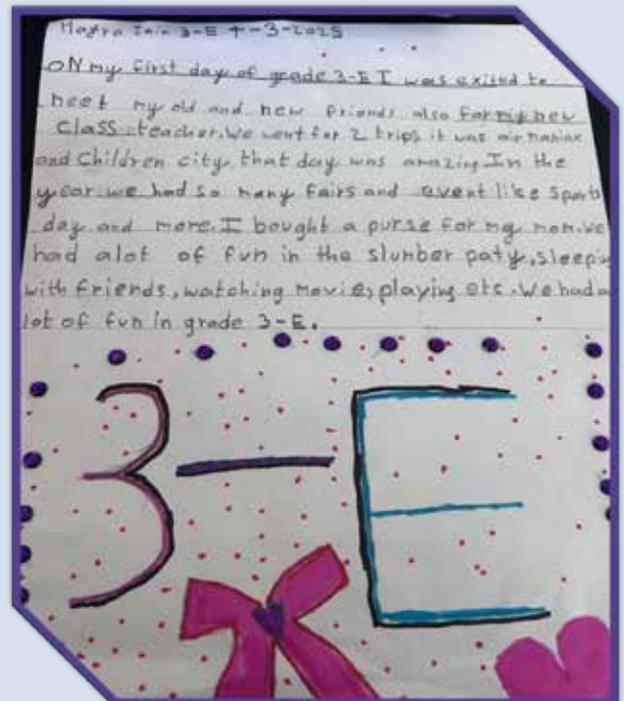
SHIVIKA KRISHNA
 Grade - 2C



NIVANSHI
 Grade - 3D

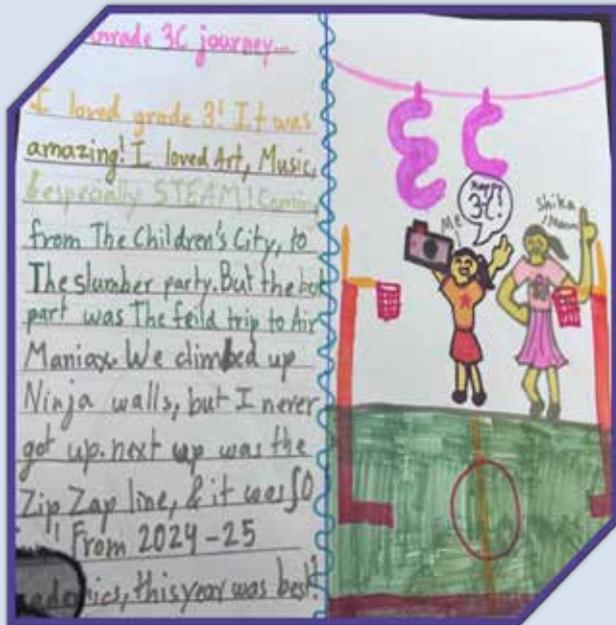


NAVIRA
 Grade - 2E



MAYRA
 Grade - 3E

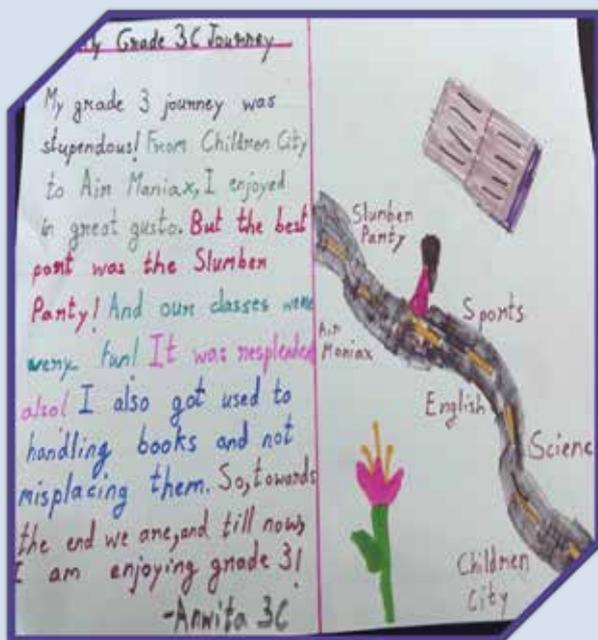
MY SPACE



SRUSHTI
Grade - 3C



MISHRI
Grade - 3E

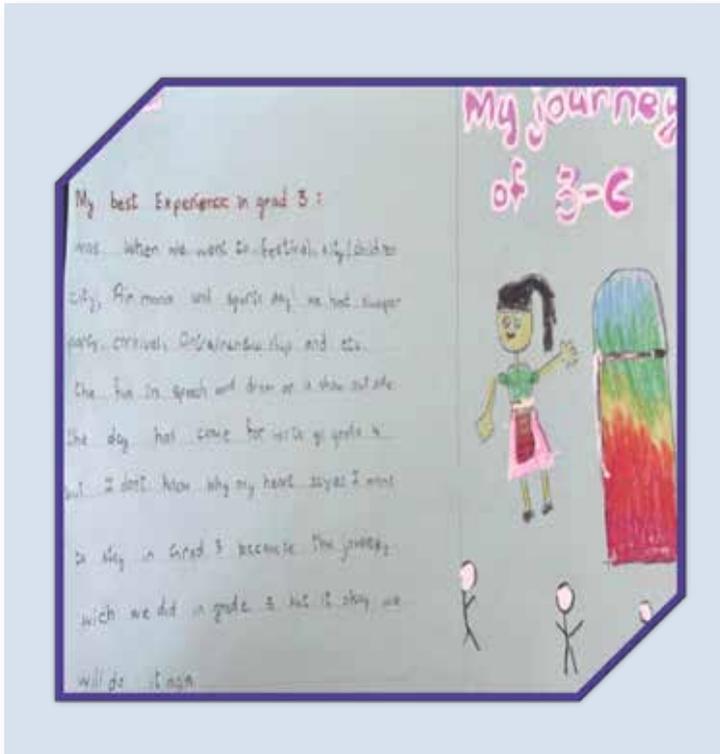


ANWITA
Grade - 3C



DIYA
Grade - 2C

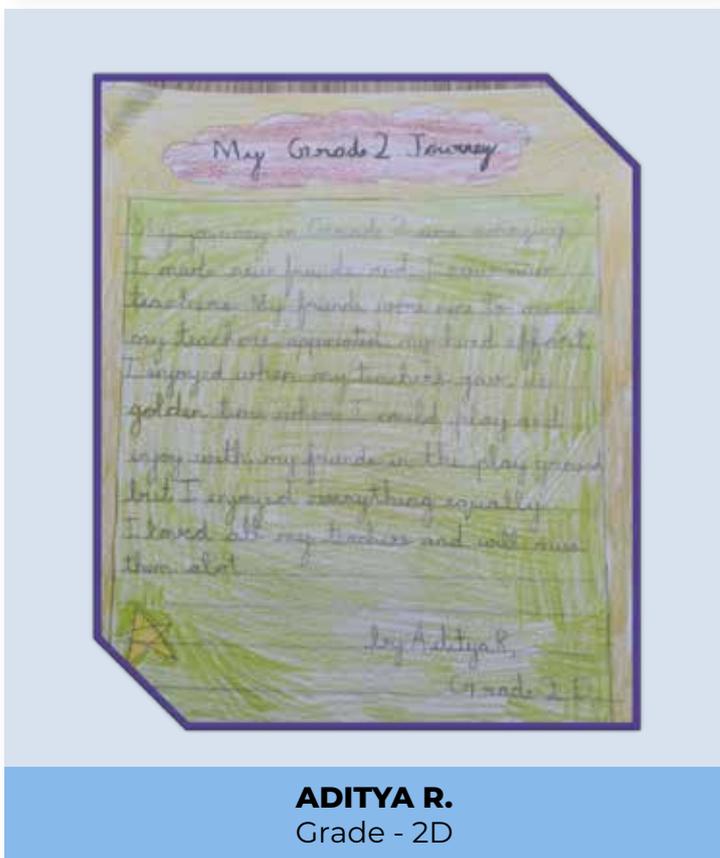
MY SPACE



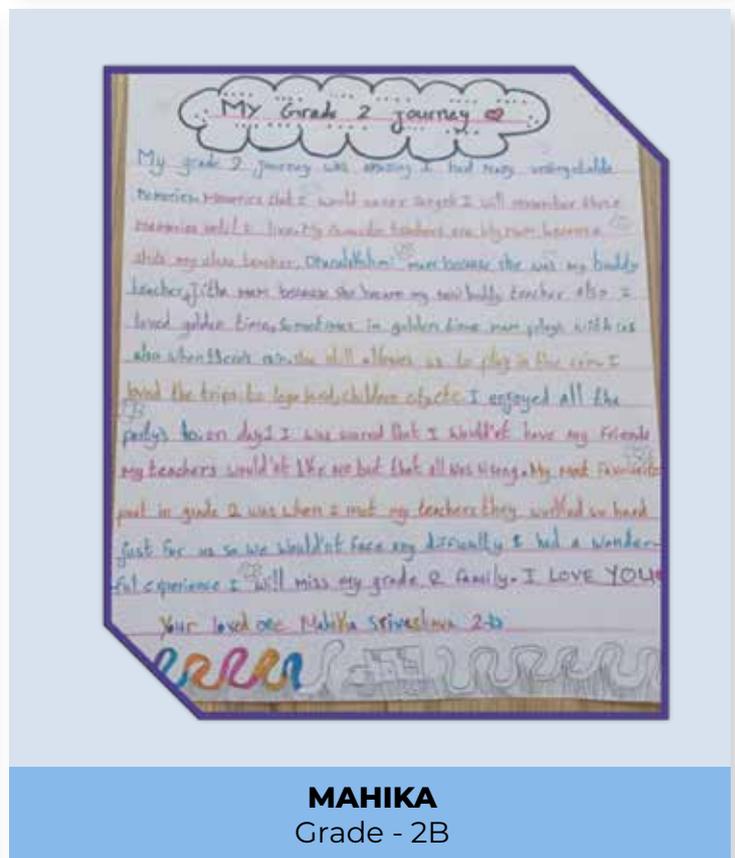
AARNA
 Grade - 3C



LAYA RAMNATH
 Grade - 2C



ADITYA R.
 Grade - 2D



MAHIKA
 Grade - 2B

HAVING RESPECTFUL CONVERSATIONS



HAVING RESPECTFUL CONVERSATIONS

My son enjoys and laughs at this part from a comic where a character tells his friend "Your project has come out really horrible!". Hearing this, his father asks him to apologize and says that the same could be conveyed in a nicer way. So, the boy makes up a puppy eyes and says, "I'm sorry that your project has come out to be really horrible!"

Yes, I found this to be very funny to read as well, but if we dwell deep, we can realize how insensitive we are becoming as a trend or a culture, in the way we are having our conversations, even with our best friends.

Forget about having a respectful exchange of words anymore, I must say, it crosses the line and gets offensive or personal many a times! And the worst part is, it is gradually being normalized!

Amongst friends, I notice that they don't hesitate to call out "Yo! Dude does have an IQ 180, but clearly on the negative graph! (accompanied by a hysteric laughter)"

Or an instant haahaaahaaa! spilt at every opportunity when someone falters.

Of course there is nothing formal or serious between friends, but we are slowly turning ourselves off, for the feelings of others by making troll as our fashion of speech.

Sadly, the acts we begin as fun, subconsciously becomes a habit and unnoticeably forms a trend/ culture over a period. I realized my sons were doing the same with each other, back home. And I must mention, neither of them liked it when the other did it at them!

We were quick to have multiple conversations at home, that to be confident we don't need to belittle others, to have fun we don't have to take a jibe at others, to show our intelligence we don't need to prove others' ignorance. I believe, this could be a side-effect of the aforesaid way we are speaking or the influence of social media and cancel culture at large, these days.

Evolving and keeping in trend are a necessity for a language to remain alive, but certain codes are best kept preserved in their originality.

And so must be our use of language, that was primarily meant to serve the purpose of communication, while being respectful to other's thoughts and feelings.

Sophia

M/O. Zain (7A) & Zafar (4B)

FINDING CALM AMID THE CHAOS A MOTHER'S JOURNEY WITH STRESS AND ANXIETY

For years, I felt like I was juggling so many balls that I was bound to drop one sooner or later. As a mother of two, a full-time employee, and a caregiver to my aging parents, it felt like my days were never-ending. Every day brought a new set of demands, and no matter how hard I worked to meet them, I always felt like I was falling short. Stress became my constant companion, and soon, it wasn't just part of my life—it felt like it was taking over.

I started noticing the signs: racing thoughts keeping me up at night, a constant tightness in my chest, and this underlying sense of panic every time I thought about what needed to be done. I pushed through, thinking that if I just kept going, everything would eventually fall into place. But deep down, I knew something had to change.

The turning point came one morning when I missed an important work meeting because I was too exhausted to focus. I knew then that I couldn't keep going the way I was. My body had been telling me for months to slow down, but I had ignored it—until now. That evening, I reached out to a close friend who had been practicing mindfulness and deep breathing exercises. I'll admit, I was skeptical at first. I didn't have time for meditation, and I wasn't sure it would help. But I was desperate for something to change, so I gave it a try.

The next morning, I set aside just ten minutes to listen to a guided meditation. At first, it felt uncomfortable—my mind raced with thoughts about everything I 'should' be doing. But slowly, something shifted. The more I focused on my breath, the more I began to feel a sense of calm. The tension in my body started to ease, and for the first time in a long while, I felt like I could breathe deeply again. It wasn't a quick fix, but that moment was the beginning of something important.

Over time, I started carving out small pockets of time for myself each day to focus on my mental health. I began practicing mindfulness regularly, learning to be more present and less reactive. I also reached out to a counselor, who helped me understand the root of my anxiety and gave me

PARENTS' PANORAMA

tools to manage it. Little by little, I learned how to set boundaries, say no when needed, and ask for help—things I had been too afraid to do before.

It hasn't been easy, and there are still days when the stress feels overwhelming, but now I have the tools to cope. I've learned that stress and anxiety are a natural part of life, but they don't have to control me. It's okay to pause, to take care of myself, and to ask for support. This journey hasn't been about eliminating stress completely; it's been about finding ways to live with it, manage it, and take back control of my life.

If you're feeling overwhelmed too, know that you're not alone. Whether it's taking a few minutes to breathe deeply, reaching out for support, or simply acknowledging your feelings, there are small steps you can take to find balance and peace, even amidst the chaos. Remember, it's okay to slow down, and it's okay to take care of yourself.

You deserve it.

Sumangala N
Mother of Priyamvada (5A) & Pramit (KG2A)

GRADUATION CEREMONY-KG2

KG2 Class of 2025 Graduation Ceremony marked a significant milestone in the lives of our young graduates as they prepared to take their first steps into the primary school.

It was a momentous occasion that recognized the hard work and achievements of our little graduates paving the way for a bright future ahead. The memorable day also stood testimony to the unconditional love and dedication of the educators in shaping the young learners!



ENTROFEST @ ASD

The highly anticipated ASD ENTRO FARE event took place on Monday, 24th February, providing students from Grades 1 to 5 with an engaging, hands-on experience in entrepreneurship and financial literacy. The event was a vibrant display of creativity, teamwork, and financial decision-making, as students applied their learning in a real-world setting.

The event successfully reinforced critical life skills, such as handling money, making informed purchases, and understanding the importance of financial planning. It was firsthand experiences for our students as they took on the challenges of selling products, managing expenses, and making smart spending decisions. The excitement and enthusiasm were evident as they interacted, negotiated, and applied their financial knowledge in a practical setting. The participation of all students made this event a meaningful learning experience.

Overall, ASD ENTRO FARE was a resounding success in giving our students the earliest lessons in entrepreneurial skills and financial awareness, igniting a growing interest in the world of business and economics in a semi-real life setting.



EXPRESSIONS

Expressions was successfully conducted on February 7, 2025, at Ambassador School by Grade 1 students, showcasing their talents through a mesmerizing dance, yoga, song, and skit. The performances were centered around the Theme of the Year – "The Year of Community", a powerful initiative under the slogan "Hand in Hand."

The young students presented their performances with confidence, filling the atmosphere with joy and excitement. Their enthusiasm and dedication were evident as they conveyed the essence of unity and togetherness through their acts. Parents were overjoyed to witness their little ones perform with such grace and energy, making the event a memorable and heartwarming experience for all.



FIELD TRIP

Grade 7 & 8 Students Experience Thrills and Excitement at Real Madrid Amusement Park.

On February 7, 2025, the Grade 7 & 8 students of Ambassador School embarked on an exciting trip to the Real Madrid Amusement Park. The day was filled with adventure as students conquered their fear of heights, encouraged friends and teachers to join thrilling rides, and reveled in the football-themed attractions. The park's mix of exhilarating rides and interactive arcade games delighted everyone, especially soccer enthusiasts. The highlights included a high-speed rollercoaster and a captivating 3D animated film showcasing Real Madrid's triumphs. The trip ended on a joyful note, providing relaxation and cherished memories before their final assessments.



STOGO FEST 2024

Ambassador school, Dubai is one of the top 10 schools amongst the 96 schools in the STOGO FEST 2024.

Under the patronage of H.E. Sheikh Nahyan Bin Mubarak Al Nahyan (UAE Minister of tolerance & coexistence & ESafe, the 2nd edition of ESafe Child online protection Award & STOGO Fest Award looked out for schools with focus on 'Students well-being in physical & virtual World'

The award ceremony was held on 11th Feb 2025 at Abu Dhabi University. The theme was "students wellbeing in Physical and Virtual World". 92 schools participated in the STOGO FEST and 10 schools were identified for the exemplary innovative exhibits.

Ambassador School, Dubai won the E-safe Child Online Protection Award. 18 ASDians participated in 3 categories: the working models, still models and presentation. Amongst the outstanding exhibits competed with exceptional spirit and talent, The STOGO CHAMPS Abhinav Chamoli and Krishna Agarwal of grade 12, won the first position for working model in senior category for Electric vehicle car. Water Jet 173 was won by Sai Suhanth, Mir Hussain and Vinesh Chandode in 2nd position in middle school working model category.

Congratulations Team Ambassador!



ELECTRIC VEHICLE GRAND PRIX

Victory for Ambassador School, Dubai at the Electric Vehicle Grand Prix held was at Dubai Kartdrome on 22nd February 2025.

Three awards for Ambassador School's EV Grand Prix "Project Apex" team that has raced ahead, not just on the track but in innovation and leadership! Event promotion and outreach Award – Our team made waves online, engaging the community and spreading awareness about sustainable mobility. Best 3D Printing Design Award – Precision, creativity, and cutting-edge design set our vehicle apart, showcasing our students' engineering brilliance! Exceptional Team Member Award – A testament to exceptional leadership, strategy, and teamwork that powered us to success! We are extremely proud of Shlok Bhat for winning the ' Exceptional Team Member Award' with his incredible leadership skills!

Our drivers Shlok Bhatt and Tanishq Sarkar of Grade 11, navigated sharp turns and challenging tracks with expert precision. A perfect balance of acceleration and energy management ensured smooth performance. Smart decision-making and flawless execution made every lap count! Kudos to our skilled drivers for demonstrating excellence on the track and proving that sustainable.

Ambassador School Shines in Media & Marketing at the EV Grand Prix! Rachel Ann Ipe and Anjali Sharat of Grade 11 captured the excitement and innovation behind our EV journey, reaching a wide audience! Engaging Community & Sponsors, showcased our mission for sustainable mobility and building strong connections. From eye-catching visuals to compelling narratives, they made a mark in Creative Content & Branding! Kudos to our Media & Marketing team for raising awareness and making our presence felt beyond the race!

Power Behind the Race: Our Pits Crew & Safety Officers-Anshuman Dushyanth, Rajneesh Teketi of grade 11 and Andrew Anish, grade 9 were the backbone of our team, handling rapid repairs, fine-tuning mechanics, and keeping our EV in peak condition. They prioritized driver safety, enforcing protocols, and ensuring a secure racing environment for all!

Dhruv Mallya, the design mastermind for making our presence felt with bold creativity and cutting-edge graphic designs, Aanya Gupta, Himanshi Pamnani and Aarna Shah for technical & Engineering Assistants, Logistics & Event Coordinators, all from Grade 9 deserve special mention for their unwavering support at every stage of the preparation for the final race!

HALL OF FAME



FIRST LEGO LEAGUE FINALE 2025

Congratulations ASD Team!

The First Lego League National event, held on 8th February 2025, brought together 31 teams from various regions to compete under the theme "Submerged." Our students "Hydro Ninja" team showcased their AI Ocean Mapping solution, focusing on enhancing the quality of water, coral life, and underwater creatures. The team introduced their concept of the SMART SUBMARINE, equipped with motors and light sensors.

The Sustainable Station, presented by the team, played a crucial role in marine conservation. Additionally, the station housed the Oil Separator, which collected oil spills from ships for storage and reuse, and a Plastic Collector, which removed plastic waste from the water.

Their hard work and dedication were recognized as they won the "Best Poster and Presentation" award. The students were elated and proud of their achievements, a true reflection of their commitment and teamwork. They truly deserve applause for their outstanding participation in the competition!



WORLD WATER DAY 2025

Ambassador School Dubai's Success at World Water Day 2025

Ambassador School Dubai participated in the World Water Day 2025, organized by Skyline University College at Al Majaz Waterfront, Sharjah, on February 26, 2025. The event aimed to raise awareness about water conservation and glacier preservation, offering students a platform to showcase their creativity and innovation. The school emerged as a winner in two major categories, demonstrating its commitment to sustainability. A team of Grade 7 students, Arjun Advani, Priteesh Parkhi, and Garick Isaac, secured first place in the Science Innovation Project by developing an innovative solution focused on water conservation and renewable energy. Their project AQUA-VEAR is engineered to combat water scarcity and climate change. It combines monitoring glaciers, harvesting water, purifying, and renewable energy to empower remote communities. In the Reel Making category, Grade 11 student Apaar Gupta won the first-place with a compelling one-minute video on glacier preservation, effectively emphasizing the urgency of protecting the planet's ice reserves. Ambassador School's success underscored its dedication to sustainability education, empowering students to apply scientific knowledge to real-world challenges. This achievement reinforces the school's mission to instill environmental consciousness and inspire future leaders in sustainable development. Congratulations students & mentors!



DUBAI SCHOOL GAMES KARATE CHAMPIONSHIP

Self Defense is a lot about focus, determination and respect of the opponent. Its greatest value is that it teaches you to be graceful even to your enemy!

ASD students, comprising of both boys and girls had a day to remember for a very long time, making an impact in the Dubai School Games Karate Championship. Our winners in Kata and Kumite categories collected 3 Gold, 2 Silver and 3 Bronze medals. This incredible achievement reflects the hard work, dedication, and efforts our karatekas have put into honing their skills and thus proudly representing Ambassador school. A huge shout out to all the students for their exceptional performance. Our gratitude and appreciation for ASD parent community who have continued with their faith in us and have been equal partners in our success stories.

Congratulations students!



SIKKA ART AND DESIGN FESTIVAL

ANJALI SHARATH RECEIVING AN AWARD IN SIKKA ART AND DESIGN FESTIVAL.

From sketchbook doodles to award-winning artist! Congratulations to Anjali Sharath on being recognized and awarded in the 13th edition of the Sikka Art and Design Festival organized by Dubai Culture and Arts Authority. She received the recognition from H.E Aisha Miran, Director General, KHDA.

She has captivated her audience with her works on the theme of 'Anti-Bullying, exhibited in the Festival, aiming to raise awareness, while sending out a strong message to her audience on kindness, empathy and inclusive living in harmony. The expression of pain, embarrassment, anger, frustration or depression that people suffer from when bullied, perhaps resonate with many in our society, thus reminding us our collaborative responsibility and commitment to usher an era of thriving well and embracing inclusivity.

Congratulate Anjali. May you continue to voice out your view, be it via public speaking or through plays or using the canvas and the paint brushes.



RAK ARTS FESTIVAL - 2025

ASD's art prodigy's painting steals the show at RAK Arts Festival - 2025. Grade 1 student and barely at 6 years of age, Nithya Saathvika Samavedam stands out fearlessly with her creative freedom. As part of the Student Category for the 13th edition of the RAK Arts Festival 2025, the organizers took an unexpected yet delightful turn this year, selecting and exhibiting a painting by Nithya, the youngest artist this year. The young artist's vibrant and expressive piece under the given theme 'Memory' finds mention in UAE's leading daily, Khaleej Times.

Nithya created her artwork using acrylics on canvas. Her piece features a dazzling blend of bright hues and imaginative patterns, showcasing a depth of creativity far beyond her years. It's incredible to see such a young artist expressing her emotions and creativity in such a raw and beautiful way, churning out the colours from her memory that she used in her much younger years when she was more comfortable with the simple colour pencils and crayons, and later moving to mature mediums like water colours and acrylic. Her painting adds a fresh and joyful perspective to this year's exhibition.



Well-being Calendar March 2025



<p>1</p> <p>The highest form of human intelligence is to observe yourself without judgment-</p> <p>Notice what you are feeling today, without any judgment.</p>	<p>2</p> <p>Making mistakes is better than faking perfection-</p> <p>Aim to be good enough rather than perfect.</p>	<p>3</p> <p>Talk to yourself like someone you love-</p> <p>Avoid saying "I ought to" or "I should" to yourself.</p>	<p>4</p> <p>Making mistakes is better than faking perfection-</p> <p>Express your love and respect towards your family/ colleagues/ organization</p>	<p>5</p> <p>You are the glue to keep people together-</p> <p>Express your love and respect towards your family/ colleagues/ organization</p>
<p>6</p> <p>Eat mindfully, appreciate the taste, texture and smell of your food-</p> <p>Eating well is a form of self-respect</p>	<p>7</p> <p>Get really absorbed with an interesting or creative activity-</p> <p>Absorb what is useful, discard what is not, add what is unique your own.</p>	<p>8</p> <p>Relax. Don't be so hard on yourself. You are living and learning-</p> <p>Life is all about sharing, if we are good at something, pass it on</p>	<p>9</p> <p>We must use time as a tool, not as a couch-</p> <p>Free up times in your diary by cancelling any unnecessary plans.</p>	<p>10</p> <p>Think about the ways you've been lucky in life-</p> <p>If you are lucky enough to find a way of life you love, you have to find the courage to live it.</p>
<p>11</p> <p>First say to yourself what you would be, and then do what you have to do-</p> <p>Leave positive message for yourself to see regularly.</p>	<p>12</p> <p>Harmonize with the nature today-</p> <p>Pause to just watch the sky or clouds for a few minutes today</p>	<p>13</p> <p>Ask for help not because you're weak, but because you want to remain strong-</p> <p>Be willing to share how you feel and ask for help when you needed.</p>	<p>14</p> <p>Discover the joy in the simple things of life-</p> <p>Enjoy the little things in life because one day you will back and realize they were the big things</p>	<p>15</p> <p>Most of us tend to put reading on the back burner-</p> <p>Start a good book today and make it a goal to finish it by the end of the month.</p>
<p>16</p> <p>You can't pour from an empty cup. Take care of yourself first-</p> <p>Recognize that self-care isn't selfish. It's essential.</p>	<p>17</p> <p>The pain you feel today; will be the strength you feel tomorrow-</p> <p>Make today your hardest workout of the week. Tomorrow you can rest and recover.</p>	<p>18</p> <p>Don't focus on how much you eat. Focus on what you eat-</p> <p>When your body is hungry, it wants nutrients, not calories.</p>	<p>19</p> <p>Always remember, your focus determines your reality-</p> <p>Stay motivated with your goal. While you're at it, see if you can motivate someone else today too!</p>	<p>20</p> <p>I believe that water is the only drink for a wise man-</p> <p>Have you been drinking enough water? Start with 16 ounces as soon as you get out of bed. It kick starts your metabolism.</p>
<p>21</p> <p>If climbs the stairs are not difficult you're young-</p> <p>Study shows the risk of CARDIOVASCULAR disease is lower among those who regularly climb stairs.</p>	<p>22</p> <p>Not another frozen meal -</p> <p>Find a fun, fresh recipe to try tonight.</p>	<p>23</p> <p>Random act of kindness make everyone feel good-</p> <p>Donate 1 AED at the checkout stand or give a stranger a compliment.</p>	<p>24</p> <p>It's the little things that count-</p> <p>Notice the things you do well today, however small.</p>	<p>25</p> <p>Get some exercise to help you cope with dark moods-</p> <p>4ways to enhance your mood by releasing feel good chemicals- Run, Lift Weights, Laugh, Eat Dark Chocolate</p>
<p>26</p> <p>You need to stop doing things for someone when you find out it's expected rather than appreciated-</p> <p>Give yourself permission to say "No" to requests from others.</p>	<p>27</p> <p>Offer help to a coworker when they need it-</p> <p>Good colleagues are those who know that We is more powerful than Me.t</p>	<p>28</p> <p>Wake up with determination, go to bed with satisfaction-</p> <p>Wake up with determination, go to bed with satisfaction-</p>	<p>29</p> <p>No matter what happens, life does go on and it will get better tomorrow-</p> <p>Remember it's ok not to be ok. We all have difficult days.</p>	<p>30</p> <p>Notice when you are tired and take a break as soon as possible-</p> <p>Sometime you need to be alone. Not to be lonely, but to enjoy some free time just being yourself</p>
<p>31</p> <p>Appreciate nature around you, whenever you are-</p> <p>If you truly love nature, you will find beauty everywhere</p>				