

Ambassador Times





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

From the Principal

“By loving them for more than their abilities we show our children that they are much more than the sum of their accomplishments.”

- Eileen Kennedy-Moore

As the year is drawing to a close, most of us are looking forward and making plans for the future—but sometimes to move ahead we must look back, assess what we have learned about ourselves, our children or other adults.

The pandemic is likely to be on the verge of its exit but unfortunately has left a psychological scar behind – the scar of having impacted the mental wellbeing of children across the globe. Sadly, there has not been a handbook that guides how to raise children especially teenagers during situations like a pandemic. Adolescents are struggling for valid reasons and as adults, we grapple with how to support teens. As a school having the experience of dealing with children of all age groups, as parent community, you might want to ponder over the following:

It's important that as adults, we practice emotional regulation. Our children are watching how we react or respond and our responses matter. But adults do not need to be always paragons of positivity which might be unrealistic. We don't have to pretend it's easy. Instead, we can talk about how we are feeling with teens so that they know that, feeling like you're on a roller coaster at times is normal.

Parents, the best thing we can give teens or growing children right now is the undivided attention of listening, empathizing and compassion. When teens do share their worries, resist the urge to either minimize them or solve the problem for them or worse still, become judgmental. Practice being a sounding board – a calm presence who offers short, empathetic responses.

Let's celebrate small successes of our children. As adults, we are often tempted to hitch our wagons to big ideas and big things. But right now, it's time to celebrate small successes. For example, the teen who's struggling with his social skills finds a new interest – from sports to cooking to dancing– “that's a big win right there; we have to look for these little, big things.”

Our educational ethos has always been simple and straightforward – to give every child the strength, resilience, determination and opportunities that learning becomes their champion, their inspiration and the opportunity to stretch themselves further than they ever imagined possible.

We intend to continue to build on students' wellbeing, their successes and look forward to the future as we work together to help students reach their full potential.

Warm regards

Dr. Sheela Menon
Principal



Highlights of the Month

FIELD TRIP



ARABIC WEEK



HIGHLIGHTS OF THE MONTH

FIELD TRIP 2022

“Field trips provide authentic, hands-on, experiential learning opportunities where students can connect what they are learning in the classroom, in a real-world context.”- Stephanie Smith Budhai.

With this thought, students of Grade 1 and 2 packed their bags with high spirits and excitement to the core for a field trip to the Etihad Museum.

Students of Grade 4 visited the Sheikh Zayed Road Fire Station today as a part of their community program. It was an informative field trip. Students were explained how the various departments of the fire station work and co-ordinate to reach the emergency spot on time. Students were shown the fire truck and the equipment used by the fireman. They were also made aware about the precautions to be taken at home in order to avoid fire related accidents. Students were given an opportunity to ask questions and clarify their doubts. It was a good learning experience for our students.

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HIGHLIGHTS OF THE MONTH

INTERSCHOOL ARABIC FESTIVAL 2022

Ambassador School, Dubai hosted the Arabic Festival- an Interschool Competition that consisted of a range of activities such as Arabic Nasheed, Arabic Poetry and Arabic Calligraphy competitions across all phases. The purpose of this event was to enhance speaking skills in Arabic with regards to pronunciation and flow of language. 9 schools across three emirates participated in these events. The judges were spell-bound with the outpour of talents where love for Arabic as a language was clearly at display. The event concluded with the prize distribution with Gulf Asian School, Sharjah bagging the Runner up trophy while Ambassador School, Dubai proudly lifting the Winner's trophy. It was indeed a well-organized event that concluded with smiles on every face.



CRAZY HAT DAY

It was a fun filled day of innocent ideas, creative thoughts and crazy Hats. Little Pre Kindergarten students paraded the school piazza proudly displaying their confidence skills and innovative hats!



LITERACY WEEK

Literacy activities spread across the Kindergarten classroom through the week to inculcate the love for Reading, Writing and Comprehending.



WORLD GRATITUDE DAY

On this day, all students and staff generously donated funds and snack boxes among the support staff of our school to convey their thankfulness and gratitude for their support and help provided in their classrooms.



CLIMATE CHANGE

Ever felt a sudden heat wave when you know the weather is supposed to be cool? Missed the rain during the normal monsoon season? All these problems and more are due to the obvious rise in the global average surface temperature which has increased by 1.6 degrees and in some areas even more since 1906! The planet is steadily warming from the North pole to the South pole. We may be facing quite a few impacts now but these can be considered as a warning for what to come for our future generations. Climate change encompasses not only rising average temperatures but also extreme weather conditions, melting glaciers, shifting wildlife populations and habitats, rising sea levels, and a range of other impacts. All of these changes are emerging as humans continue to add heat-trapping greenhouse gases to the atmosphere.

Here are some solutions to protect our planet -

- * Keep fossil fuels in the ground
- * Invest in renewable energy
- * Switch to sustainable transport like public transport
- * Restore nature to absorb more carbon
- * Protect forests like the Amazon
- * Protect the oceans

As the student community let us...carry a reusable bag, ensure lights are off and taps are closed when not in use and make sure to recycle old textbooks.

Let's Stop Climate Change.... Together!

THE POWER OF BELIEF

If I give you choices on what are the things you have your belief on, sure to have infinite list. Instead if I narrow down the question 'how many of you believe yourselves, I can hear your pause and sighs.

There may be days when you get up in the morning and things aren't the way you had hoped they would be. That's when you have to tell yourself that things will get better. There are times when people disappoint you and let you down. But those are the times when you must remind yourself to trust your own judgments and opinions, to keep your life focused on believing in yourself. There will be challenges to face and changes to make in your life, and it is up to you to accept them.

Constantly keep yourself headed in the right direction for you. It may not be easy at times, but in those times of struggle you will find a stronger sense of who you are. So when the days come that are filled with frustration and unexpected responsibilities, remember to believe in yourself and all you want your life to be. Because the challenges and changes will only help you to find the goals that you know are meant to come true for you. Keep Believing in Yourself.

So you plant your own garden and decorate your own soul instead of waiting for someone to bring you flowers; And you learn that you really can endure... that you really are strong and you have worth.

Nandini
Mother of Nirvi and Nithi
Grade 4B and KG1 C

TALKING TO TEENAGERS

Getting teenagers to talk openly about what's bothering them can be hard. Follow these tips to help get them talking to you about their worries.

Do not judge your teenager

Start by assuming they have a good reason for doing what they do. Show them you respect their intelligence and are curious about the choices they have made.

If you do not pre-judge their behavior more likely to open up and explain why their actions made sense to them.

Try not to assume you know what is wrong

Do not assume that you know what's wrong. Rather than asking Are you being bullied? Try saying I have been worried about you. You do not seem your usual self, and I wondered what is going on with you at the moment? Is there anything I can help with?

Be clear you want to help

If you suspect your child is using drugs or drinking excessively, be gentle but direct. Ask them and let them know that you will help them through any of their difficulties.

Be honest yourself

Teenagers will criticize you if you do not follow your own advice. If you drink too much alcohol yourself, for example, they are likely to mention it (You cannot talk!). Make sure you are acting responsibly yourself.

Help your teenager think for themselves

Instead of trying to be the expert on your teenager's life, try to help them think for themselves: Discuss the potential implications of poor behavior choices. For example, How does smoking weed make you feel the next day? So, if you feel like that, how's that going to affect you playing football?

Help them think critically about what they see and hear

So Paul said X: is that what you think?

Help them feel that they can deal with life challenges

Remind them of what they are good at and what you like about them. This will give them confidence in other areas of their lives.

By SEN Department

MY SPACE



By Prisha Goyal
Grade - 2D

MY BUCKET LIST

(LAST UPDATE... SEPTEMBER 2022)

I am absolutely excited to share my bucket list with you. There are things on my list that are exciting and cant wait to tick them off and a few others I have managed to complete.

- ❖ Zip lining at jebal jais
- ❖ Star gazing with a telescope
- ❖ Camping with my friends
- ❖ family bike ride
- ❖ try a new hobby
- ❖ Stand at the bottom of a waterfall
- ❖ Play in the rain
- ❖ Watching fireflies
- ❖ swimming in the river
- ❖ Eating whipped cream



ZEON DSOUZA

By Zeon Dsouza
Grade 4C

TIANA-5D

What does good health and wellbeing mean?

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Why is good health and wellbeing important?

Research has shown that a greater sense of wellbeing relates to increased physical benefits, such as lower incidences of cardiovascular disease, stroke and sleeping problems, and with increased productivity and creativeness in both employment and personal lives

How can we achieve good health and wellbeing?

Here are a few effective and tested ways that can help you improve your wellbeing:

1. Take Proper Sleep
2. Eat a Balanced Diet
3. Expose Your Body to Sunlight
4. Deal with Stress
5. Exercise Daily
6. Stay Away from Smoking and Alcohol.
7. Be Social, as Much as You Can
8. Find and Practice New Hobbies



By Tiana
Grade - 5D

RYKA -5D

Health and Wellbeing

Human health – we need to care
No matter what the age.
So how do we – stay healthy and well
Who can really tell?

Wash your hands – before all meals
Keep the area neat and clean.
Take a bath twice a day
Keeps the body – fresh and mean.

What do we eat, to keep good health?
Fruits and Veggies for sure,
And some meats
That make muscles strong.
All cooked at home...
Not from the hotel for sure.

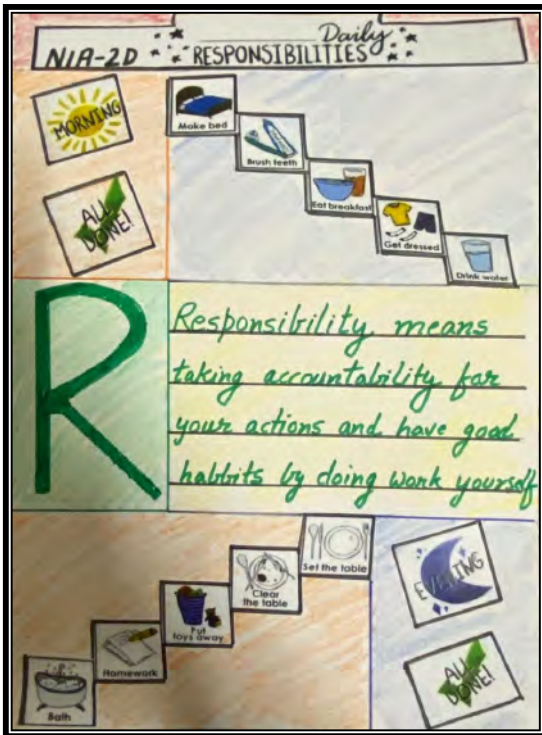
Along with this
Good sleep and exercise
Helps make our body strong.
To fight sickness...
Which would do our body harm.

So to one and all
I here do say
Look after your body well...
So all of you can live long lives...
And be happy everyday...

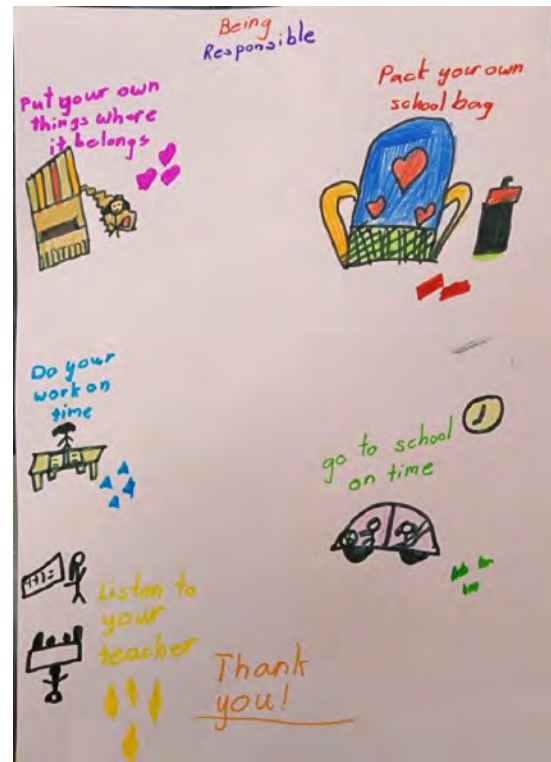


By Ryka
Grade - 5D

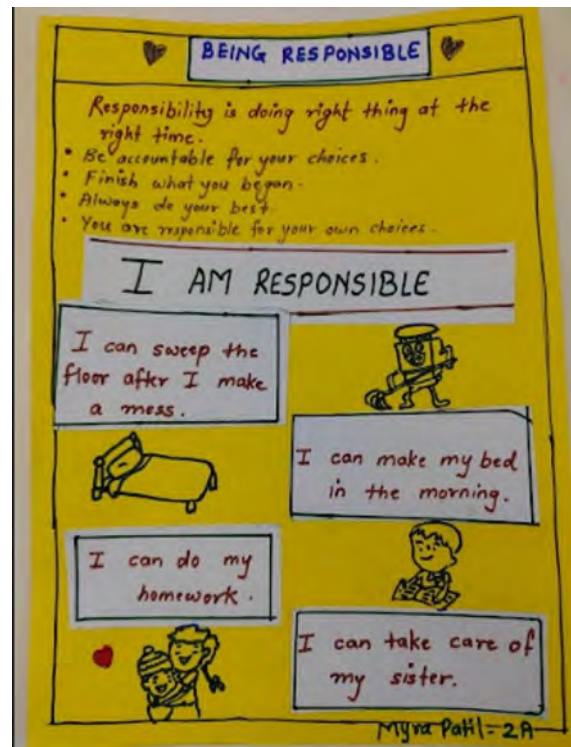
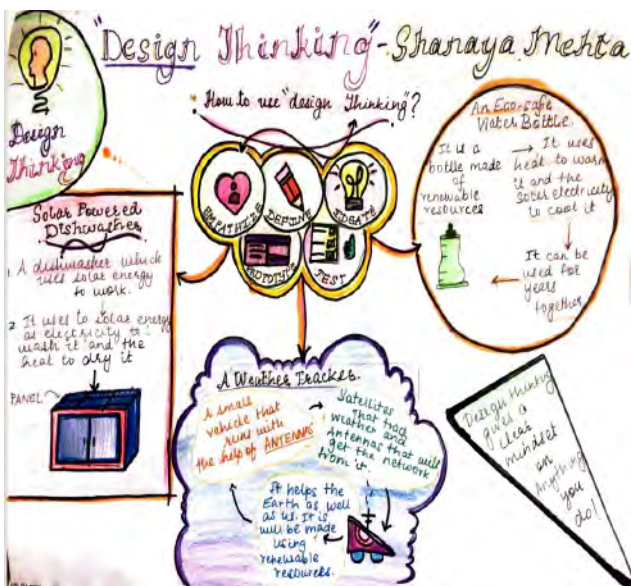
MY SPACE



By Nia
Grade - 2D



By SIDDHI SALVI
Grade - 2E



By Myra Patil
Grade - 2A

THE BREAK FROM REALITY

Dragons, fairies and winged ponies! Wizards, powerful gods and swords that talk! Mazes you can't navigate through and Villains vile and spiteful. When you think of all these incredible things, the one word that comes to your mind is - Fantasy. Fantasy, a word that opens the portal to endless possibilities. While just looking out of your window you could be soaring through the skies on a majestic dragon! Or perhaps swimming underwater with fishes who talk!

Fantasy is just such a beautiful topic. In today's extremely competitive world where stress is part of the daily routine, imagination comes in handy.

Imagine yourself drifting off into a Fantasy. Far far away from homework and assignments. Pull yourself out of reality and walk through the portal that opens to the realm of possibilities.

Imagine blue skies and glistening waters with winged horses flying over. Imagine slaying headless knights or following a mysterious cloaked figure in the dark shadow of the night. In this world, it's your choice. Whatever you choose, you can be. Alas! This world is only real in our imagination. If only it could be real.

By **JANHAVI NAHATE**

Grade 8A

UNDER THE SEA FACTS!!!

The ocean covers more than 70 percent of the earth's surface.

About 94 percent of the earth's wildlife is found in the ocean.

More than 70 percent of the earth's oxygen is produced by the ocean.

Five percent of the land belonging to the United States is surrounded by the ocean.

The deepest part of the ocean is called the Mariana

Trench, which is around 7 miles deep and is located in the South Pacific Ocean.

-Vivaan Gupta

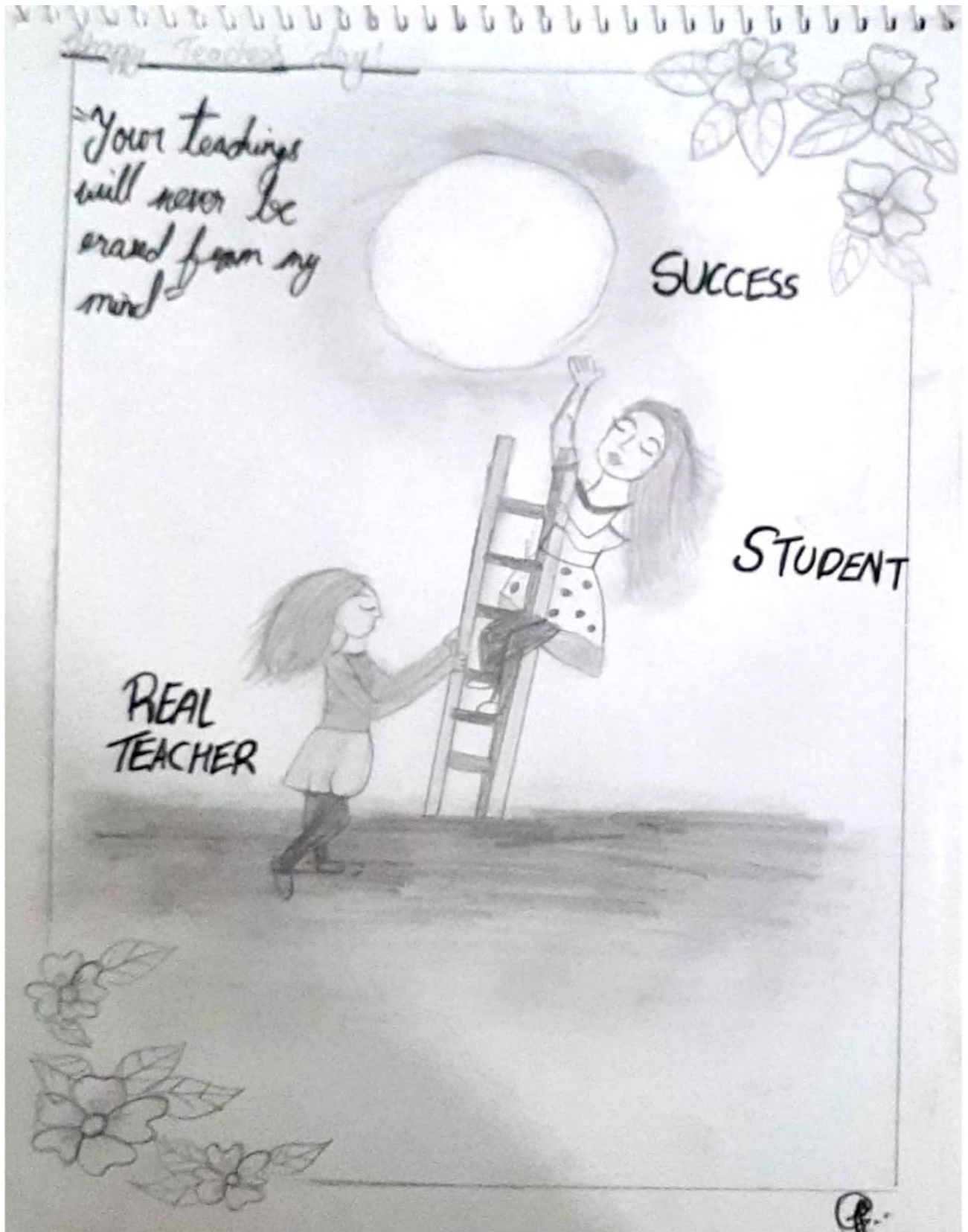
Grade 6A

WHAT SETS FUTURISTIC CITIES APART?

With global warming on the rise, overpopulation being a massive issue, resources depleting rapidly and people struggling for jobs, the idea of a futuristic city that solves all these problems is nothing short of mesmerizing. Having said that, these cities have taken years to design and are starting construction in the near future. So let's talk about how these cities are a paradise on Earth. Let's take an example of the Line. Arguably the most popular futuristic city being built as of today, we see a lot of their designs saying that everything is "100% sustainable". Though this statistic might be slightly hyperbolic, nonetheless, it is a change for the better. To now answer the question of what sets these futuristic cities apart, it is the fact that they are trying to fix the mistakes that are being made in the cities of the current times. Trash disposal, inefficient means of transportation, lack of housing facilities and a lot more issues are going to be fixed by the cities that will be built in the future. Now we don't exactly know how many of these cities will actually be built, but each one built is a step in the right direction for the protection of mankind as a species.

By **SHLOK BHATT**
Grade 9C

MY SPACE



SUSTAINABLE CITIES - U.A.E PLANS FOR 2040

The Dubai 2040 Urban Master Plan shows a comprehensive plan for a sustainable urban development in Dubai. It focuses on enhancing and increasing people's happiness and quality of life and reinforcing Dubai as a global destination for citizens, residents and visitors over the next 20 years. The plan has a structural layout, integrating all urban development master plans in the emirate and aligned it with Dubai's strategic economic priorities and the needs of the future.



Dubai 2040 Urban Master Plan is the 7th development plan for the emirate since 1960. Between 1960 and 2020, the population of Dubai has multiplied 80 times from 40,000 in 1960 to 3.3 million while the urban and built area of the emirate increased 170-fold from 3.2 square km.

Reagan Kallarackal
Grade 7B

Abdul Rahman Riaz 8 A



The Wor(l)d of Fantasy!



Guess these Book Titles / Series with the few letters given to you.
There will also be picture hints to help you.

H _ r r _ _ o
t _ e r



S _ c r _ t S _
v _ n



G _ r o _ _ m
_ S t _ _
t _ n



B l _ _ a
_ e



A _ _ I M _ Y
K _ _ D R _ _
f



L _ _ D
O _
T _ _ R _ N



M _ _ I L
_ A



_ _
T _ _ B
_ G



T _ E _
A T
_ N T
H _ H
A _



T _ _ T W _
N S
_ T S _
I _ T C I
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A Child's Fantasy

Every child grew up liking a certain fairytale, we imagined ourselves as our favorite Disney characters and had dreams about living in big castles with fancy clothes and a perfect life.

When we grew up, we realized these fantasies might not always come true, a popular fantasy we all loved was Santa Clause. Something about getting presents from a sweet old man once every year felt so magical, every kid would leave out the tastiest milk and cookies for Santa, wake up early every morning to a decorated tree with toys and new clothes, and the hope that Santa would bring a small puppy for you one day.

As we grow up, we realize how much we took those small moments for granted, the happiness we got from such fantasies is something we can't recreate now that we know it was all just a fantasy. When we were younger, we always wanted to grow up and be "big kids", now that we're older, we realize just how wrong we were. Now we would do anything just to experience small memories like this for the first time again, So never take your childhood for granted. :)



-Written by Nethra.K-

By Nethra .K
Grade 8A

A DOG ABUSE RESCUE.

Nancy Faust of Mundelein, said Cooper had so much energy, she was afraid they couldn't handle him. He knows to sit, he knows not to jump on the furniture... But his history was kind of a mystery. I think he might be some goldendoodle kind of dog. Nancy Faust adopted Cooper just weeks ago from Mundelein Reach Rescue, where they only knew he was now healthy and came from challenging conditions in Texas.

With a detective's eye, Faust looked closely at her adoption papers, tracing Cooper to a rescue in south Texas, and then a Facebook page with his picture. "I said, 'that's Cooper!' and then I went nuts." More details online revealed Cooper was rescued from a multi-state boarding situation. It involved 270 dogs in all, in Missouri and Texas, crammed into cages, more than two dozen dead. Tiffany Woodington is among two in custody on animal abuse charges. Missouri authorities say they are frustrated current laws limit jail time to a maximum of four years.

Both Houses of Congress have passed legislation that would strengthen federal laws for the prosecution of animal cruelty. It's currently awaiting the president's signature.



By-Kathryn and Heer

Grade 10B

يوم معلمون سعيد

لقد كنت محظوظًا لأن لدي مدرسًا
رائعًا مثلك. بدونك كنا قد ضاعنا
جميعًا. شكرًا لك على إرشادنا وإلهامنا
وجعلنا على ما نحن عليه!!! أتمنى لكم
جميعًا يومًا مدرسًا سعيدًا جدًا

- سارة حسين

Technology- The God Amongst Us

It starts with a "T and ends in a 'Y',
And it's as easy to apprehend as pie.
It's as common as you or me,
But in one touch can give huge amounts of glee.
Like a comrade, yet on its own a traitor.
Oh, it's nothing to be told later,
As it all ends in the word technology.

No, it's not like biology or astrology,
Yet, can exterminate within a second, your psychology.
It may put people closer, but on the real side, only distant.
To many people an assistant, but again! It's also thinking-
resistant.

All these advantages, yet all these drawbacks,
Is just a screen, showing what the common man lacks.
Mental fortitude is just a step away, and once gained,
One can use the power of technology, rightly attained!

-SAI RAMAKRISHNAN

Grade 10A

विकासशील प्रौद्योगिकी के लाभ-कविता

टेक्नोलॉजी नेहमारा जीवन इतना आसान बना दिया है और हमें इतनी सखु-सवि धाएं प्रदान की है, जिसके बारे में हम इससे पहले कभी कल्पना भी नहीं कर सकते थे। वहीं टेक्नोलॉजी से न सिर्फ मनष्य का जीवन स्तर सधरा है, बल्कि देश-दनिु या के विकास के क्षेत्र में क्रांतिकारी बदलाव आए हैं, हालांकि, बढ़ती टेक्नोलॉजी का बरा ु प्रभाव वातावरण और मनष्य के स्वास्थ्य पर भी पड़ रहा है।



-AKAISHA SHAH

Grade 10A

BIRTHDAY OF OUR HONOURABLE PRINCIPAL DR.SHEELA MA'AM

26th September brought with it the birthday of our honourable Principal, Dr. Sheela Menon. The students of the secondary section put together a mesmerizing assembly. The little ones of Kindergarten had very special surprises for their Sheela Ma'am with all of them wishing her and presenting her with handmade flowers and cards. The best part of the day was the hugs from the Kindergarteners. In the afternoon, there was a special celebration with PSG members and staff. The canteen was tastefully decorated to befit the occasion. The gooey chocolate and fruit cakes were mouthwatering. The PSG members presented a lovely bouquet and SLT members a beautiful card. Ma'am addressed the gathering and confessed that she was overwhelmed with the outpouring of love from the students, PSG members, staff and school community. All in all, we wish Ma'am continued good health, happiness and success today and every day.



ONAM CELEBRATION

Ambassador School, Dubai conducted a special assembly to celebrate Onam on the school's premises amidst much fanfare involving staff and students of the school. The celebrations started with setting up of an attractive floral decoration (pookalam) that was reminiscent of the agrarian past of Kerala, a South Indian state. The main attractions of the assembly were speech, group song and the Thiruvathirakali by female teachers and students. The arrival of Mahabali amid the beats of panchavadyam was well-received by the audience. Dr. Sheela Menon, addressed the gathering and conveyed greetings and wishes of the festival. She lauded the commendable performances of the all those involved especially the student volunteers responsible for coordinating the programme.



HINDI DIWAS

Hindi Diwas is celebrated on 14th September every year to honor the National Language of India. On this occasion, several activities were organized in Ambassador School, Dubai, where students participated enthusiastically. Various activities across grades included Slogan Writing, Vigyapan nirman, Surkhiyan and Narre lekhen, Hindi act plays on any familiar character, Cartoon strip making, Poster making, etc. Through these activities, students demonstrated their skills while expressing their affection, curiosity and creativity towards Hindi.



CELEBRATIONS GALORE

GRANDPARENTS DAY

Grandparents are the delightful blend of laughter, caring deeds, wonderful stories and love. To honour them, Ambassador School, Dubai celebrated Grandparents Day on 12th September 2022. Children were very excited to see their grandparents participate in the games and cheered them wholeheartedly. They were very sportive and brought out the child in them through their active participation. All students made hand crafted cards and presented them to their lovely grandparents. Our Principal, Dr. Sheela Menon, addressed the gathering and thanked every grandparent for their presence and for their continuous support and guidance to children.

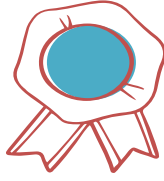


TEACHER'S DAY

“Teachers have the best minds of all”, as rightly said by Dr. Sarvepalli Radhakrishnan, was the core of the teacher's day celebrations held at ASD today. The morning special assembly began with the national anthems and the Quran recitation, after which commenced a series of extremely entertaining performances such as semi-classical and hip hop dances, musical performances that involved both vocal and instrumental showcases and even a poetic standup comedy speech. All these performances reflected the talent of our students, and subsequently the gratitude we feel towards our teachers as they have nurtured us to become who we are today. There was also a fun game of song trivia that evoked high levels of enthusiasm from both the students and the teachers, testing their competitiveness in a fun manner.

Following that, Our beloved principal Dr. Sheela Menon received the teacher's day card as a token of appreciation from all the students of the school, and went on to give an uplifting speech that inspired everyone in the audience to respect our teachers for all their presence in our lives. The PSG team put on a wonderful display of gratitude to our teachers with dance performances, heartfelt speeches and a fun game that had every teacher out of their seats in participation. The program concluded with a much needed vote of thanks for all the people involved in making the celebration a success, leaving all the teachers feeling full of love and satisfaction. A cake was cut to officiate the celebrations and the students gave their teachers beautifully crafted cards, resulting in an ultimately special teacher's day.

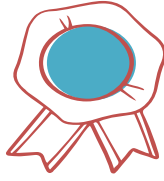




HALL OF FAME

Congratulations Aryan Rhythmic Yoga Rockstar!
The CISCE (Council for Indian Schools Certificate Examination), conducted the National Yoga Competition. 250 students from 11 regions across India and overseas participated in neck-to-neck competitions in various categories like Group Yoga, Artistic Yoga and Rhythmic Yoga. Aryan Chamoli of Grade 8 amazed the onlookers and judges with his talent and superb moves in Rhythmic Yoga. He performed different yoga postures non-stop for 2:30 seconds which includes forward bending, back bending, twisting, handstand and leg stand. He made the UAE Yoga Team proud by winning the Bronze Medal. What a fantastic achievement! Aryan, you truly are a rhythmic yoga Rockstar!





HALL OF FAME

Congratulations Haniya for your incredible achievement! Haniya Burmawala , a student of grade 9 had participated in the AFED Quran Competition. She and her brother Fazil Burmawala from grade 5 were selected from the UAE and went to Dar es Salaam, Tanzania in July-2022 to take part in this international competition.

262 participants from 11 different places had taken part in this tough competition Haniya won the first position in Quran recitation.

She was also the winner in Quran memorization categories.

Well done Haniya and Fazil!

Keep it up Haniya! We are so proud of your amazing performance.



Well-being Calendar - October



<p>1</p> <p>A goal without a plan is just a wish-</p> <p>Write down your most important goals for this month.</p>	<p>2</p> <p>Hope is being able to see that there is light despite all of the darkness-</p> <p>Look for reasons to be hopeful even in difficult times.</p>	<p>3</p> <p>Meditation is not a means to an end. It is both the means and the end-</p> <p>If you've been on the fence about meditation, give it a try.</p>	<p>4</p> <p>When you focus on the good, the good increases-</p> <p>Be a realistic optimist. See life as it is, but focus on what's good.</p>	<p>5</p> <p>If you win the morning, you win the day-</p> <p>Start your day with the most important thing on your list.</p>	<p>6</p> <p>Tough situation builds strong people-</p> <p>Do something constructive to improve a difficult situation.</p>	<p>7</p> <p>Difficulties allow us to change for the better-</p> <p>Remember that things can change for the better.</p>
<p>8</p> <p>There are two choices for you, either escape or accept it-</p> <p>Make progress on a project or task you have been avoiding.</p>	<p>9</p> <p>The day you stop blaming others is the day you begin to discover who you truly are-</p> <p>Avoid blaming yourself or others. Just find the best way forward.</p>	<p>10</p> <p>Whatever the mind of man can conceive and believe, it can achieve-</p> <p>Take time to reflect on what you have achieved this week.</p>	<p>11</p> <p>In a gentle way, you can shake the world-</p> <p>Focus on a positive change that you want to see in society.</p>	<p>12</p> <p>May people with pure intension find people with pure intension-</p> <p>Look for the good intension in people around you today.</p>	<p>13</p> <p>You don't always need a plan, just go-</p> <p>Put down your to-do list and let yourself be spontaneous.</p>	<p>14</p> <p>If you can find a path with no obstacles. It probably doesn't lead anywhere-</p> <p>Do something to overcome an obstacle you are facing.</p>
<p>15</p> <p>It's going to be a wonderful day-</p> <p>Look out for the good news and reasons to be cheerful today.</p>	<p>16</p> <p>Being taken for granted can be a compliment-</p> <p>Thank yourself for achieving the things you often take for granted.</p>	<p>17</p> <p>You must trust and believe in people, or life becomes impossible-</p> <p>Share your most important goals with people you trust.</p>	<p>18</p> <p>I am always looking forward to learn new things in my life-</p> <p>Make a list of things you are looking forward to.</p>	<p>19</p> <p>New goals, new challenges continued success-</p> <p>Set hopeful but realistic goals for the week ahead.</p>	<p>20</p> <p>There is a difference between listening and waiting for your turn to speak-</p> <p>Practice active listening in your conversations to understand people better.</p>	<p>21</p> <p>Focus on what matters and let go of what doesn't-</p> <p>Let go of the expectations of others and focus on what matters.</p>
<p>22</p> <p>Do something great-</p> <p>Share an inspiring idea with a loved one or colleague.</p>	<p>23</p> <p>These things are good things-</p> <p>Write down 3 specific things that have gone well recently.</p>	<p>24</p> <p>The key is not to prioritize what's on your schedule, but to schedule your priorities-</p> <p>Recognise that you have a choice about what to prioritize.</p>	<p>25</p> <p>Do anything but let it produce joy-</p> <p>Plan a fun or exciting activity to look forward to.</p>	<p>26</p> <p>Kindness makes you the most beautiful-</p> <p>Be kind to yourself today. Remember progress takes time.</p>	<p>27</p> <p>Distance gives us a reason to love harder-</p> <p>Schedule time this week to spend with your loved ones, in person or virtually.</p>	<p>28</p> <p>Solve the problem or leave the problem but do not live with the problem-</p> <p>Find a new perspective on a problem you face.</p>
<p>29</p> <p>The purpose of life is a life of purpose-</p> <p>Set a goal that links to your sense of purpose in life.</p>	<p>30</p> <p>The future depends on what we do in the present-</p> <p>Think of 3 things that give you hope for the future.</p>	<p>31</p> <p>The sign of a beautiful person is that they always see beauty in others-</p> <p>Try seeing goodness in other people.</p>				

