

10 Steps to Uplifting Others

10. More give, less take

9. More acceptance, less rejection

8. More kindness, less meaness

7. More respect, less put-downs

6. More positivity, less negativity

5. More empathy, less judgement

4. More calmness, less drama

3. More forgiveness, less grudges

2. More encouragement, less criticism

1. More 'we', less 'me'