

THE EFFECTIVE SERVANT



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What can I possibly do to give people hope and lift them out of misery and despair?

- Allow the light shine through you
- Try to leave every person a little better than you found them
- Give out the medicine
- Remember the “little things count”
- Plant seeds
- Be a solid object
- Develop positive rituals
- Practice your positive rituals consistently
- Practice authenticity
- Know how and when to give feedback
- Know how and when to employ humor
- Speak in an honest, direct, kind, and when necessary, firm fashion
- Encourage
- Practice ways to replace despair with hope
- Knows how to empathize with others
- Understands the healing power of listening

How do I know when to help someone?

- Every Interaction is an opportunity
- Concept of displaced responsibility
- Recognizing Golden Opportunities
- Acting on Golden Opportunities

Reaching out and helping others can be exhausting. How can I maintain my strength of spirit? How can I maintain hope?

- "God they are your clients now!"
- Acceptance and Surrender
- Acting as an agent of good
- Look for the grace, dignity, and beauty around us
- The Third Step Prayer reads, "God take my will and my life. Guide me in my recovery. Show me how to live."

My personal plan to take good care of myself:
