

Health Promoters are Human*

Seven Lessons for Work and Life

- #1. Real is more important than right! *Recognize your feelings and share them with others.***
- #2. Be yourself! *Remember that inside the Health Promoter, teacher, coach, nurse, corpsmen, uniform and role is a human being – you!***
- #3. Never assume...
*Ask questions and get the information, because you may not know all the answers (or questions) and the best way to find out is to ask! By the way, it's alright not to know all the answers, as long as you can admit it.***
- #4. Take your own temperature! *You can't change others but, if you remember to first look inside yourself, you will be better able to help others, as well as yourself.***
- #5. Look for the miracles!
*Remember that everyone does not change or grow in a straight line! Sometimes you have to give a plant a great deal of care, water and fertilizer before it blooms. It's the same with people.***
- #6. Loving counts and makes a difference! *You need to take time to share your kindness with everyone you touch.***
- #7. Have humility! *Learn to laugh at yourself and to smile with others.***