

today...

1

I am thankful for the opportunity, along with many other people in Latin America, the Caribbean, and other regions, to be part of the construction of a more peaceful and just world, free of hunger and poverty.

2

I will remind myself that it may be impossible to resolve every problem today, so I will try to prioritize well.

3

With respect and affection, I will say, “No” or “I can’t do that now” when necessary. When I need help, I will ask my colleagues without hesitation.

4

I will take care of my body while working. I will eat healthily and take breaks when I need them. I will try to exercise and to get enough sleep.

5

If I am preparing for a trip, I will plan ahead, coordinate tasks in advance and delegate work in order to be able to leave and return in peace.

6

If I am traveling, I will try to concentrate on my job and on appreciating the richness of the colleagues, organizations and communities that I am visiting.

7

I will be kind to the members of my team and acknowledge their work, effort, and commitment.

8

I will try to set aside time, strength and energy for personal fulfillment. I will try to do something after work that I enjoy or have been putting off, such as contacting a loved one or taking a walk in a special place.

9

As I plan, budget, or revise new and ongoing programs, I will take into account the physical, emotional and spiritual wellbeing of humanitarian workers, as I also consider their safety and their rights.

10

I will celebrate the fact that I am a unique, valuable, and important human being who has a wonderful job that is making a difference in the world.



CHURCH WORLD SERVICE
AMÉRICA LATINA Y EL CARIBE

This resource is a contribution from the regional office for Latin America and the Caribbean of Church World Service to colleagues and development workers around the world. It was developed in the context of a staff care pilot program for humanitarian workers throughout the region. It is the result of a long process of accompaniment and learning together with our local partners in the building of a better world. We invite you to use this resource in various ways, including hanging it on the wall in your workplace, reading it out loud at the beginning of a staff meeting, or sharing it with your colleagues. For a digital version or more information, please visit www.cwslac.org.