

# 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](http://www.cwslac.org).