

### **EXPRESS CARE**

- **Show me that I matter to you.**
- **Be dependable—Be someone I can trust.**
- **Listen—Really pay attention when we are together.**
- **Believe in me—Make me feel known and valued.**
- **Be warm—Show me you enjoy being with me.**
- **Encourage—Praise me for my efforts and achievements.**

### **CHALLENGE GROWTH**

- **Push me to keep getting better.**
- **Expect my best—Expect me to live up to my potential.**
- **Stretch—Push me to go further.**
- **Hold me accountable—Insist I take responsibility for my actions.**
- **Reflect on failures—Help me learn from mistakes and setbacks**

### **PROVIDE SUPPORT**

- **Help me complete tasks and achieve goals.**
- **Navigate—Guide me through hard situations and systems.**
- **Empower—Build my confidence to take charge of my life.**
- **Advocate—Stand up for me when I need it.**
- **Set boundaries—Put in place limits that keep me on track.**

### **SHARE POWER**

- **Treat me with respect and give me a say.**
- **Respect me—Take me seriously and treat me fairly.**
- **Include me—Involve me in decisions that affect me.**
- **Collaborate—Work with me to solve problems and reach goals.**
- **Let me lead—Create opportunities for me to take action and lead.**

### **EXPAND POSSIBILITIES**

- **Connect me with people and places that broaden my world.**
- **Inspire—Inspire me to see possibilities for my future.**
- **Broaden horizons—Expose me to new ideas, experiences, and places.**
- **Connect—Introduce me to people who can help me grow.**