

Ways To Be Gentle

Be considerate: Smile, be polite, and speak calmly.

Be patient: Avoid imposing your preferences on others and don't be harsh.

Be a good listener: Actively listen to others and don't silence them.

Be mindful: Be aware of your words and how they affect others.

Be forgiving: Forgive others and yourself, and let go of past mistakes.

Be helpful: Lend a hand, serve with joy, and encourage others.

Be humble: Have a quiet ego and be down to earth.

Be aware of your assumptions: Notice when you're projecting or assuming you know more than you do.

Be grounded: *Be in your flow*, be honest and have integrity.