

The Counselor's Corner

What will you do today to make someone else's life better?

Last week, I ate lunch with a friend, and she shared a great idea about a high school that used to begin each morning with a question: "What will you do **today** to make someone else's life better?" I am **in love** with this idea, and I have the slogan on my desk. It empowers me. It makes me realize that I have been missing opportunities to enhance my little world and those who occupy a place in it.

I am betting that the readers of this article (like the writer) all want to be nice people. Sometimes we succeed; sometimes we fail. More often, we simply forget. When we make ourselves remember, our good intentions become actions. And, as stated in an earlier article, our positive actions make us feel deliriously good, too.

On September 20, Mrs. Kraetke and I presented this idea to our National Junior Honor Society (NJHS) members, and they are going to run with it. Mrs. Kraetke and others will soon ask "the question" daily. NJHS students will also meet with classroom teachers, provide a poster with the slogan on it, and help students brainstorm ways to make this slogan a part of their daily lives.

Now, I would like to challenge every person reading this article to get in on the game plan. If you are a parent of one of our students, you will have a head start, because we will be promoting it in our building. If not, join in any way! Put up the slogan on the refrigerator or in some other prominent place, and make it a point to discuss the slogan with your spouse and/or children to help everyone live the slogan. Get creative. Possibly keep track of some things the family has done by putting slips of paper in a jar, each with a good deed on it. Before long, the jar will be full, and you can revel in what you have accomplished. Participating individuals may also want to keep a journal.

Another great part of this plan is that it should cost little or no money. And for that kind of investment, the rewards will be great. As for me, I have already started, but I would love to hear about the ways you and your family and/or friends are incorporating this slogan into your lives. Drop me a line, if you find the time. Count that as one of the ways you have made another person's world better!

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