

Equal I I se



enabling

empowering

trusting

valuing

respecting

people
INTELLIGENCE

compassion

*wise
acceptance*

nurturing

showing empathy

supportive

encouraging

courage

*growing
through difficulty*

*addressing the
hard facts*

*standing up for what
you believe in*

confronting

challenging



self-righteous

judgemental

disrespectful

criticising

controlling



withdrawing

self-doubting

passive

hesitating

avoiding

Date:

When I tipped into big **i** today



Equal**I**se

	<i>compassion</i>		courage	
<i>withdrawing</i>	<i>wise acceptance</i>	enabling	<i>growing through difficulty</i>	<i>self-righteous</i>
<i>self-doubting</i>	<i>nurturing</i>	empowering	<i>addressing the hard facts</i>	judgemental
<i>passive</i>	<i>showing empathy</i>	trusting	<i>standing up for what you believe in</i>	disrespectful
<i>hesitating</i>	<i>supportive</i>	valuing	<i>confronting</i>	criticising
<i>avoiding</i>	<i>encouraging</i>	respecting	<i>challenging</i>	controlling

When I tipped into little **i** today



My encouraging message to myself for tomorrow

When I lived the equal **I**se value today



My thoughts, feelings, words and behaviour that reflected this