

## *Take Care*

*Take care of the special gifts and talents that are yours.  
Work hard to develop them.*

*Take care of relationships.  
Keep and seek those that contribute to your self-esteem and well being.*

*Take care of the values you hold to be important;  
The values that enrich your life and the lives of others.*

*Take care of the lessons you have learned.  
Bring them into clear focus and let them guide you during times of  
challenge and experiences of failure and success.*

*Take care of your memories.  
Of the painful ones; let them not deny you of taking risks to grow.  
Of the joyful ones; nurture them so as to keep a smile in your heart.*

*Take care of your body.  
Honour it with care and protect it from all abuse.*

*Take care of your hopes.  
They are the source of a better tomorrow .. a better world.*

*Cile Chavez*