

# **It's All About Family!**



## **Week #4: Thoughtfulness**

A loving person keeps busy in thought, knowing that kind thoughts precede kind actions. Being thoughtful means paying attention to the needs of those around you and then working to meet those needs. A thoughtful person is always listening and is attentive to other people's emotions and attitudes, and then makes efforts to improve the wellbeing of others.

In rehearsal, a thoughtful person pays attention to their place in the script so they are ready to go onstage when their part comes up. A thoughtful technician seeks a mentor with more experience and willingly learns everything he or she can about their field.

Communication is a big part of thoughtfulness, especially in regard to listening - not just hearing, but listening to understand.

## **Challenge #4: Thoughtfulness**

***Seek out someone who seems to be having a difficult day, and give them a few words of encouragement and/or a hug. If they want to talk about their struggles, just listen without speaking. They may not need advice, just the understanding that someone is there for them.***