

Weekly Values (2024-2025)

AUGUST

- 1 Knowing the interests and skills of the people on our team is the first step to a successful outcome.
- 2 "Rome wasn't built in a day." Perseverance is what allows us to achieve great things.
- 3 Sometimes doing nothing is worse than trusting ourselves and taking a risk.

SEPTEMBER



- 4 Making eye contact with our interlocutors is a much-appreciated sign of respect.
- 5 All opinions can be shared when expressed in a respectful, constructive tone and supported by examples.
- 6 After an enjoyable activity, saying thank you to the organizer and sharing highlights are simple gestures that make people happy.
- 7 In a team, showing respect for each other's strengths helps a project to succeed. Are you familiar with your friends' talents?

OCTOBER



- 8 To be given constructive criticism is to be given the opportunity to improve and achieve greater success.
- 9 Developing self-confidence, taking risks, trying out new ideas and persevering are all things that help us to become more responsible.
- 10 Being responsible means keeping commitments and being trustworthy. It's reassuring to work with reliable people we can count on.
- 11 Everyone makes mistakes. It's important to recognize our mistakes and learn from them so we can do better next time.
- 12 It's easier to accept our shortcomings and become a better person when we accept responsibility for our actions.

NOVEMBER



- 13 It feels good when someone smiles at us. How often do you smile?
- 14 Listening to others' points of view helps us better understand their reactions because everyone is different.
- 15 Regularly trying new things can help us keep an open mind.
- 16 Asking someone what they're passionate about and trying to understand their viewpoint can lead to some surprising insights.

DECEMBER



- 17 In teamwork, everyone's opinion counts before making a decision.
- 18 Offering to help someone when they're very busy is good for the spirit.
- 19 A friendly smile can brighten someone's day.
- 20 It's nice to be greeted with a look or a wave from the student at the next desk.

JANUARY



- 21 Writing down our ideas makes it easier to express them clearly and make them understood by our work team.
- 22 The tone of voice influences mood, so it's important to use a pleasant tone when working in a team.
- 23 In a team, each person must feel useful to move the project forward.
- 24 Knowing the interests and skills of fellow team members is the first step to successful teamwork.

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FEBRUARY



- 25 You feel a sense of belonging when you take the time to explain your ideas and share them with your group.
- 26 Openness to others is a source of enrichment, as it allows us to discover new ways of looking at life.
- 27 Opinions from people outside the project can open our eyes to new possibilities.
- 28 In any joint project, everyone's contribution is essential to success.

MARCH



- 29 By encouraging others, we also motivate ourselves.
- 30 Having self-respect and respect for others allows us to feel good about ourselves.
- 31 A smile and a good attitude are contagious and help to make us, and others, happy.
- 32 Acknowledging and accepting our mistakes and shortcomings is liberating and helps us to improve.

APRIL



- 33 When we show care and concern for others, we build stronger bonds that lead to trust and respect.
- 34 Encouraging others to participate in decision-making, even if our opinion differs from theirs, encourages everyone to participate equally.
- 35 A good team comprises different people with a common goal and complementary skills.
- 36 Developing a positive mental attitude, and being considerate of others, feels good.
- 37 Being open to others allows us to better understand their everyday reality, their culture and the challenges they face.

MAY



- 38 Keeping promises is essential to maintaining good relationships. Before committing to something, you must be sure you can do it.
- 39 It's easier to be ourselves and voice our true opinions when we're involved in projects that reflect our interests.
- 40 When making an important decision, we must always respect our personal values so that we're comfortable with the consequences.
- 41 People who are true to their way of seeing things and to their convictions are generally good consensus-builders.

JUNE



- 42 Writing down clear goals and posting them in a visible place for the duration of a challenge keeps us focused on what's important.
- 43 Encouraging someone to overcome a challenge can be as simple as reminding them why they're doing it.
- 44 Making a list of ways to reward ourselves at each stage of a challenge helps keep us motivated to succeed.
- 45 Talking about our goals and difficulties to someone who has already succeeded in a similar challenge can be inspiring.