



# Reaching for Relationships!

Montana HOSA's December "I Matter" Project 2019



## Building and Maintaining Relationships!

Dr. Deepak Chopra's Four A's

Acceptance- Do not try to change others or yourself  
Appreciation- Acknowledge strengths and what you value

Affection- Let others or yourself know that you care

Attention- Be a good listener and spend quality time with others



Raft is a calendar app for couples, families, and friends who want to spend time together, share calendars, and have things to look forward to!



Soraya Morgan Gutman discusses in a Ted Talk how to connect to anyone through her German, Egyptian heritage and the use of body language, specific words, and clear attitude



## Resources!



## Get Involved!

- ★ Show appreciation to your advisers, teachers, and community by writing a thank you letter just in time for the holidays!
- ★ Have a chapter holiday party, like a white elephant party, to pay attention to your fellow HOSA members!
- ★ Start a gratitude journal to acknowledge and accept your strengths, and recognize the people you are thankful for!