

# The BLINK Report

In the next week, make use of 5 of the words from the BLINK game to affect your own self-esteem or someone else's.

Loyalty • Hope • Praise • Kindness • Trust • Courage • Positiveness  
Love • Responsibility • Acceptance • Honesty • Value • Respect  
Honor • Caring • Confidence • Harmony • Sharing • Believe • Pride  
Encourage • Empathy • Compassion • Friendship • Understanding

Which words did you act on or use?

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What did you actually do?

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How were you affected by this experience?

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