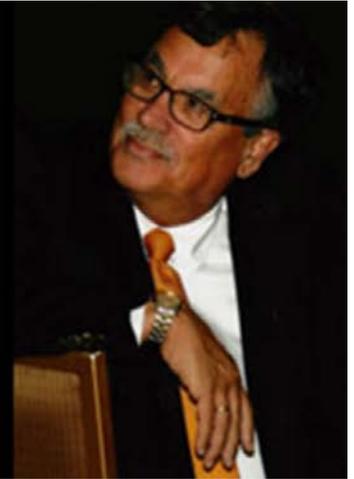


MY VIEW



Founder Wayne Fortin



NEW YEAR'S RESOLUTIONS

This is the time of year when many of us make New Year's Resolutions. We resolve to be better and healthier human beings. For years, included in my New Year's Resolutions have been and continue to be TIP New Year's Resolutions.

I am hoping that as a TIP volunteer or TIP leader who is making New Year's Resolutions this year you will ask yourself: *"How can I be an even more effective TIP member in 2019?"* Below, I have provided a number of possible Resolutions. I invite you to choose one and make it your own.

I WILL.....

1. Regularly tell others in TIP what I appreciate about them.
2. Appreciate myself for the extraordinary work I do as a TIP member.
3. Listen more and talk less.
4. Continually learn and improve my TIP skills.
5. Help my peers develop their skills by giving them gentle feedback after TIP calls.
6. Look at TIP scenes through a wide lens so I can support all those affected, including the quiet survivors.
7. Accept and respect everyone I encounter on TIP calls. I will not judge how survivors are grieving, their lifestyles or their living conditions.
8. Be humble and realize I really know very little about the survivors I'm called to assist.
9. Stay safe on TIP calls by being mindful of my surroundings, by not taking risks and by ensuring I have the protection of law enforcement.
10. Give myself a treat after TIP calls.
11. Reach out for help when a TIP call "sticks" with me and begins affecting my life.
12. Reach out to others in TIP, especially new volunteers so that they feel that they belong to the TIP community.
13. Become an "expert" on the Resource Guide.
14. Communicate and work as a team on TIP calls with other volunteers.
15. Protect the TIP organization by following TIP guidelines.

HAPPY NEW YEAR!