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easy ways to
LIVEUP

THERE ARE COUNTLESS WAYS TO LIVEUP FOR YOUR PATIENTS, CO-WORKERS AND COMMUNITY. HERE ARE JUST A FEW:

1. Never take for granted the privilege to serve
2. Bring a colleague a “comfortable cup of tea” in honor of the foundress of the Sisters of Mercy, The Venerable Mother Catherine McAuley, who set the example for extending hospitality
3. Remember to smile and greet others
4. Bring in flowers to a patient from your home garden
5. Give an inspiring quote to a patient with a special handwritten message
6. Remind a patient that valet parking is free
7. If it’s raining, offer to walk a patient to their car while holding an umbrella over them
8. Volunteer for a compassionate cause
9. Offer to have lunch with the person standing behind you in the cafeteria line
10. Be accountable for your actions
11. Start an exercise challenge with your team members or department
12. Introduce yourself to one new colleague each week
13. Hold the door for three people today
14. Compliment a colleague in front of his or her manager
15. Become an organ donor
16. Offer wayfinding assistance to patients and guests
17. End conversations by saying, “LiveUp!”
18. Say hello to five random people this week
19. Bring in healthy snacks to share with your department
20. Tell someone why you think they’re remarkable
21. Sit with a patient and get to know them
22. Offer to help a colleague when they are extra busy
23. Read a child patient a story
24. Donate blood
25. Thank colleagues for their teamwork

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