



# Illuminator Challenge

*"In any group there are diminishers and illuminators. Diminishers make you feel invisible, misunderstood. Illuminators make you feel seen, respected, lit up. Illuminators are people who are just curious about you, and they make you feel lit up."*

*-David Brooks*

Building a friendship or creating a community involves performing a series of small, concrete actions well," namely:

- being curious about other people;
- disagreeing without poisoning relationships;
- revealing vulnerability at an appropriate pace;
- being a good listener;
- knowing how to ask for and offer forgiveness;
- knowing how to host a gathering where everyone feels embraced;
- knowing how to see things from another's point of view.
- Radiating warmth and giving people our deep attention
- Accompanying others by delighting in another person's way of being
- Asking questions that demonstrate interest (and that de-center you) and listening "loudly."

**During Random Acts of Kindness Week, pass this necklace along to someone who makes you feel lit up. Include this paper and note about how they impacted your day. Encourage them to look for someone else who is lighting up others to pass the necklace forward.**

