



2026 BINGO



I paused before responding, even when I was tired.	I noticed who wasn't in the room and wondered why.		I chose curiosity over certainty.	I repaired a moment instead of pretending it didn't matter.
I said their name like it belonged to them.	I remembered behaviour is communication.	I rested without guilt.	I made space for a quieter voice.	I apologised without defending myself.
I remembered why I do this work.	I stood beside someone instead of above them.		I offered safety before solutions.	I chose connection over control.
I held a boundary with compassion.	I followed through when it would've been easier not to.	I intervened early, quietly.	I protected someone's dignity.	I stayed present in discomfort.
I noticed something others walked past.	I gave someone my full attention, even briefly.	I let go of needing to be right.	I challenged gently, not loudly.	I trusted my professional intuition.

One system. Many hands. One starfish at a time