

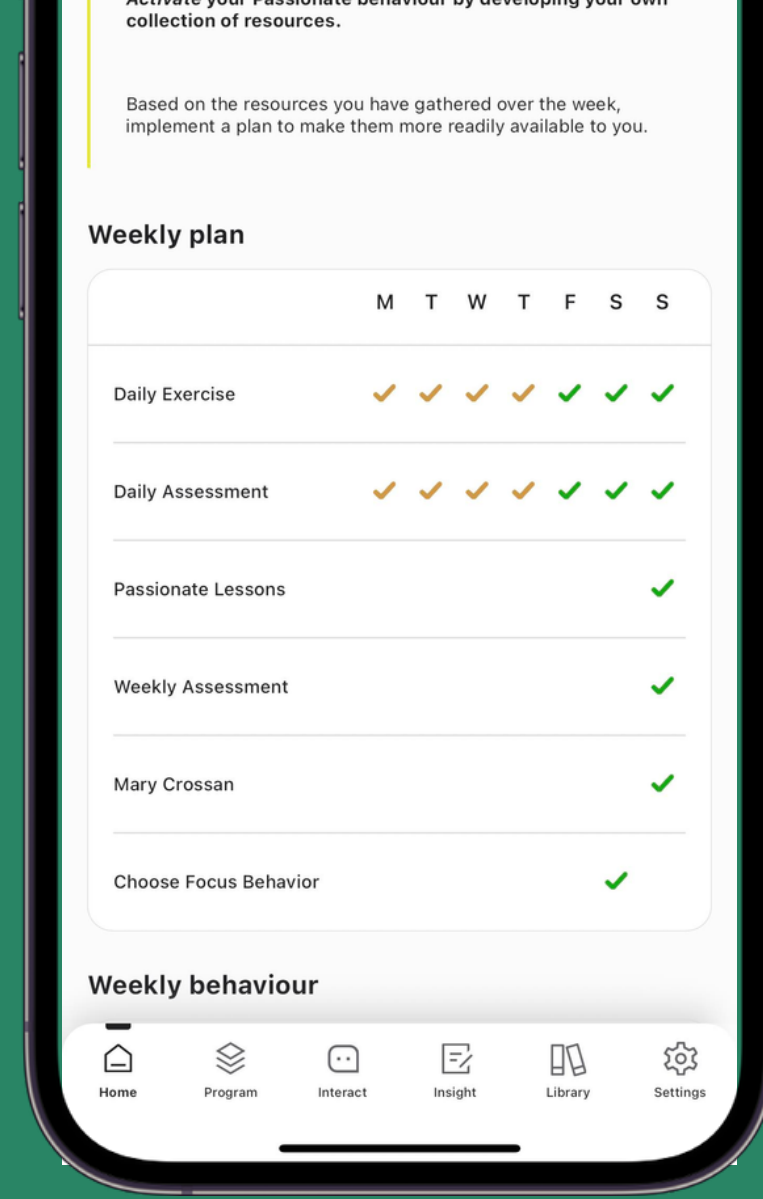
LEADING WITH LOVE

Practice love by using the CARE framework, finding opportunity to perform all five acts of love.

The complete week

Share a photo of your Virtuosity home screen to show 7 days of practice in a row.

Or show us your own tracker and results if you aren't using the Virtuosity app.



Quality Time

Provide uninterrupted and focused time to those who would appreciate it.



Physical Touch

Use your body language and touch (when appropriate) to express love to those who receive love in this way.



Words of Affirmation

Listen actively so that you can encourage, affirm, appreciate, and empathize how others need support.

Acts of Service

Ask others which acts of service would be helpful to them so that they feel loved and cared for.



Giving a Gift

Give a gift to someone who would appreciate it. This can take on many forms and the key is for it to be thoughtful.



Submit!

Deadline: Feb 26th @ 5:00 EST

Questions: corey.crossan@politics.ox.ac.uk

Don't forget to submit for a chance to be featured under your university name. Let us know how you engaged with the challenge!

Scan or click to submit

