

# The 4 Tenets of a Modern Caregiver

## You are doing this for YOU.

You are **choosing** to give care. And are making this choice so that YOUR heart and mind will be at peace knowing that you acted in alignment with your values when you were needed the most. Embracing this perspective will help you sustain yourself.

## You are not "putting your life on hold" to give care.

THIS, right here and now, **is your life** (and at the end of this experience, you won't be handed extra years to add onto it).

## You can't compare the care.

Someone's situation may be easier in some ways than what you are facing and much more difficult in some ways than your experience. Making judgments about caregiving situations is always comparing apples to oranges.

## Self-growth is your main reward for being a caregiver.

You are fortunate if you get any other "rewards" or acknowledgments during this journey, but you can count on getting opportunities to dig deep and increase your strength, wisdom, and empathy.

