

## 10 Commandments for Smart Social Workers

1. Define yourself by your successes, not your failures.
2. Be real – sincerity is crucial to successful intervention.
3. No matter what comes, hang on to your integrity and your sense of humor.
4. Don't let anyone tell you who you are or what you can accomplish.
5. Practice what you preach!
6. Take inventory of your values. If you believe strongly in a cause, be willing and prepared to fight for it. Nothing of benefit to society has come without a struggle!
7. Take care of yourself. You can't nourish others when you're running on empty!
8. Strive for your personal best rather than comparing yourself to others.
9. Never underestimate your singular ability to initiate positive change.
10. Never forget why you became a Social Worker!

Source: Unknown