**INTRODUCTION**: HELLO EVERYONE, I’M ALLY TACK, A DELTA ZETA ALUMNA FROM OUR BETA KAPPA CHAPTER AT IOWA STATE UNIVERSITY. WELCOME TO THE FIRST EDITION OF THE TRULY. A WEEKLY MEMBERSHIP MOMENT OPEN TO THE PUBLIC, DESIGNED FOR DELTA ZETA MEMBERS.

IN MY ROLE AS A DIRECTOR OF CHAPTER SERVICES AT DELTA ZETA HQ, I TALK, TEXT AND MEET A LOT OF TRULY AMAZING DELTA ZETA WOMEN. I HAVE FOUND MENTORS AND FRIENDS; AND WITHOUT A DOUBT MADE SOME LIFELONG CONNECTIONS. THROUGH THESE CONNECTIONS I HAVE REALIZED THAT WE HAVE SO MUCH IN COMMON. ONE OF THOSE THINGS IS OUR CREED.

IF YOU’RE A MEMBER, MAYBE WE CAN SAY IT TOGETHER:

**1. [RECITING THE CREED USING THE LYRIC POSTER BOARD AS A PROP]**

WHAT’S YOUR FAVORITE PART OF THE CREED? FEEL FREE TO COMMENT YOUR FAVORITE PART BELOW AS I WOULD LOVE TO SEE WHAT IS RESONATING MOST WITH YOU RIGHT NOW. OR IF YOU ARE LIKE ME YOU MAY BE THINKING I HAVE WAY TOO MANY FAVORITE PARTS, I DO NOT EVEN KNOW WHERE TO START!

HOWEVER, LATELY I’VE BEEN THINKING ABOUT THE IDEA OF APPRECIATION. ESPECIALLY AS WE ALL WORK THROUGH SO MANY DISRUPTIONS OF WHAT IS NORMAL.

2. [HOLD **THE CARD THAT HAS THE APPRECIATION SECTION**]

TO MY FRIENDS, UNDERSTANDING AND APPRECIATION.

I APPRECIATE THAT MY FRIENDS ARE STILL MY FRIENDS NO MATTER THE CIRCUMSTANCES. MAYBE EVEN MORE SO WHEN THINGS ARE WEIRD.

WE FACETIME AND TEXT, HONESTLY MAYBE EVEN A LITTLE MORE THAN WE USED TO. SENDING EACHOTER MEMES TO KEEP OUR SPIRITS UP AND TAGGING EACHOTHER IN POSTS ON INSTAGRAM. POSTING FUN AND ENCOURAGING COMMENTS TO OUR INSTAGRAM STORIES AND TAGGING THOSE WE’RE THINKING OF WHEN WE DO. EVEN JUST SHARING A STORY ABOUT WHAT WE’RE DOING AND STAYING IN TOUCH WITHOUT A WORD.

**3. WE CAN EXTEND APPRECIATION BEYOND OUR IMMEDIATE FRIENDS TO OUR FAMILY AND PEOPLE WE MEET.**

HOW MANY OF YOU HAVE SEEN SOMEONE UPSET WITH A GROCERY CASHIER BECAUSE THE STORE IS OUT OF STOCK? OR MAD AT DELIVERY DRIVER BECAUSE PACKAGES ARE TAKING LONGER TO DELIVER? I KNOW I CERTAINLY HAVE!

IF YOU HAVE MOVED BACK HOME BECAUSE OF A SHORTENED SEMESTER, MAYBE EVEN THE PARENTS OR SIBLINGS COULD USE A LITTLE APPRECIATION.

IT’S AN UNUSUAL TIME FOR ALL OF US. WE CAN ALWAYS SAY THANKS OR SHOW APPRECIATION BY BEING MORE PATIENT WITH OTHERS OR FLEXIBLE IN OUR SITUATION.

**4. ASK AUDIENCE:** HOW ARE YOU SHOWING APPRECIATION TO OTHERS?

[READ SOME OF THE POSTS AND COMMENTS FROM THE FEED]

YOU HAVE GREAT IDEAS. I MIGHT HAVE TO TRY A FEW OF THOSE!

I ALSO APPRECIATE THE PEOPLE THAT I WORK WITH AT DELTA ZETA AND THE VOLUNTEERS THAT WORK WITH OUR MEMBERS.

I APPRECIATE THE COLLEGIATE WOMEN THAT I MAY ONLY KNOW THROUGH A PHONE CALL OR TEXT MESSAGE, BUT I KNOW THAT THEY’RE FOCUSING ON FINISHING THIS SEMESTER FROM WHEREVER THEY ARE.

**5. ASK AUDIENCE:** WHO’S SOMEONE YOU ESPECIALLY APPRECIATE NOW

[WATCH THE USER FEEDBACK AND GIVE A SHOUT OUT TO SOME OF THOSE]

THANKS FOR SHARING YOUR IDEAS.

THIS WEEK LET’S ALL TRY TO SHOW APPRECIATION BY:

1. SIMPLY SAYING THANK YOU (MORE OFTEN)

2. HAVING PATIENCE WITH OTHERS

3. BEING FLEXIBLE IN OUR CIRCUMSTANCES

4. AND IF YOU’RE BACK AT HOME THIS SEMESTER, FIND A WAY TO PITCH IN

YOU CAN DO IT. DM DELTA ZETA NATIONAL (HERE) TO TELL US ABOUT YOUR EXPERIENCE. WE REALLY WANT TO KNOW.

THAT’S IT FOR THE TRULY THIS WEEK.

WE’LL GO LIVE EVERY THURSDAY AT 2P EASTERN NOW THROUGH THE END OF THE SEMESTER.

NEXT WEEK WE’RE GOING TO TALK ABOUT STAYING CONNECTED. DM US YOUR IDEAS FOR STAYING CONNECTED EVEN WHEN WE’RE NOT MEETING IN PERSON.

WE’LL SHARE SOME OF THEM WITH THE GROUP AND GIVE YOU A SHOUTOUT.

AFTER TODAY’S SHOW, WE’LL POST SOME ADDITIONAL THOUGHTS AND RESOURCES ON APPRECIATON AND A DOWNLOADABLE GIFT FOR YOU TO THE NEW TRULY BLOG AT DELTAZETA.ORG/TRULY. MEMBERS CAN FIND SIMILAR RESOURCES IN THE POSITIVITY SECTION OF PROTECT YOUR SHELL IN THE DZ APP

THANKS AGAIN FOR WATCHING.

WE APPRECIATE YOU.