

# Zimene Ndingachite Kuti Ndikhale ndi Anzanga Ambiri

Tsambali likuthandizani (1) kudziwa anzanu apamtima komanso (2) kuona zimene mungachite kuti muwonjezere anzanu ena.

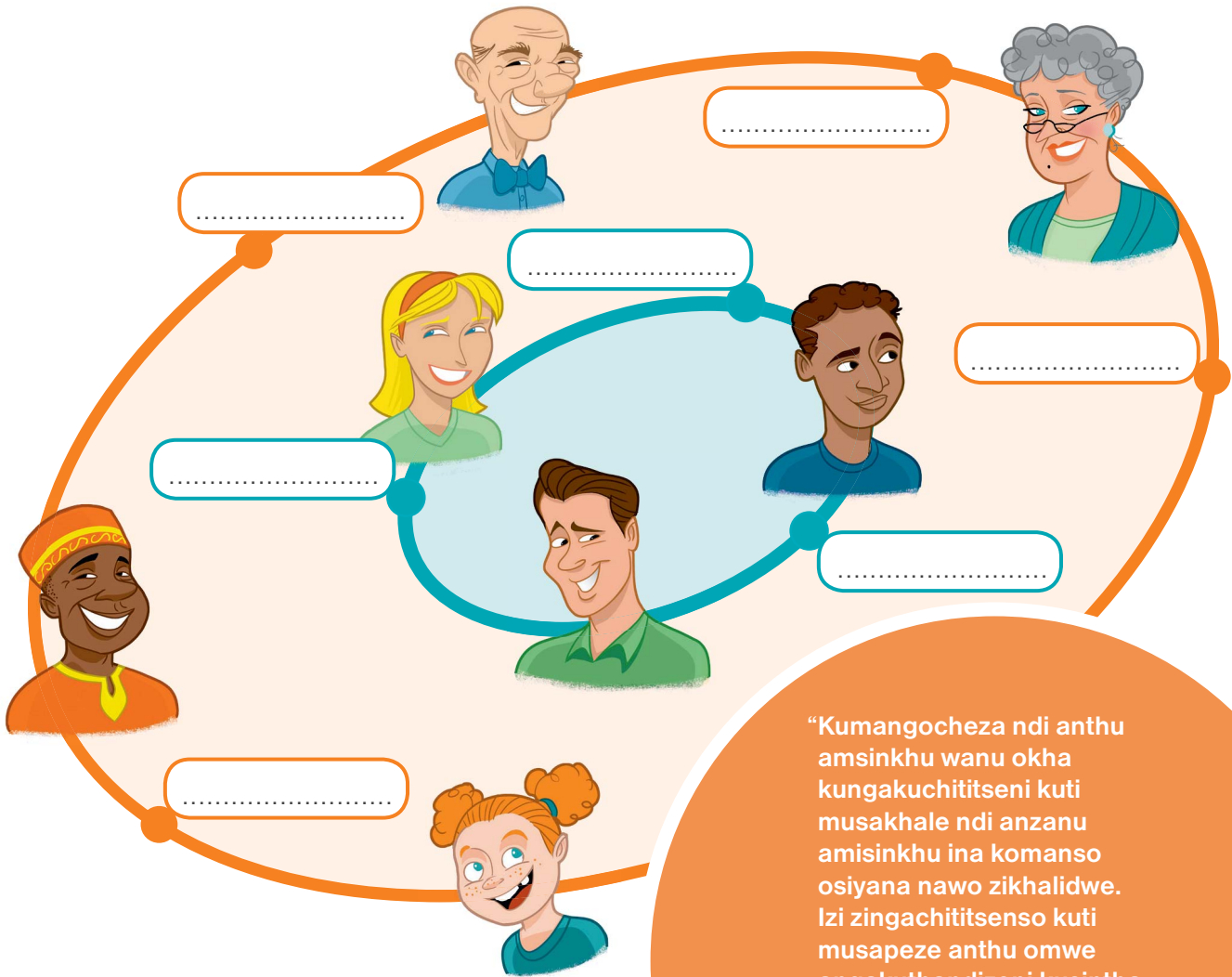
**Kodi nkhanayi ndi yofunika bwanji?** Kumangocheza ndi anthu omweomwewo kungakuchititseni kuti musapeze anzanu ena abwino.

1

Lembani mayina a anzanu apamtima m'mipata yamtundu wa buluu yomwe ili mkatiyo.

2

Lembani mayina a anthu amene mukufuna kuwadziwa bwino m'mipata yamtundu wofiirirawo.



“Kumangocheza ndi anthu amsinkhu wanu okha kungakuchititseni kuti musakhale ndi anzanu amisinkhu ina komanso osiyana nawo zikhalidwe. Izi zingachititsenso kuti musapeze anthu omwe angakuthandizeni kusintha makhalidwe anu.”  
—Melinda.

## Ndi munthu uti amene mukufuna kumudziwa bwino?

Pam'ndandanda uli m'munsiwu, chongani makhalidwe atatu amene mungafune kuti mzanu akhale nawo. Ngati pali makhalidwe ena omwe mukuona kuti sanaikidwepo, wonjezerani m'mipata yomwe ili pansiyu.



Woono mtima

Wodalirika

Wosunga nthawi

Wadongosolo

Woganiza bwino

Wopanda tsankho

Wowolowa manja

Wolimbikira ntchito

Wodziletsa

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Ndiyeno lembani mayina a anthu omwe mukuwadziwa kuti ali ndi makhalidwe amene mwasankhawo. *(Asakhale anthu amsinkhu wanu okha.)*

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# MAVUTO KOMANSO UBWINO WAKE



Kodi mwina  
mungakumane  
ndi mavuto otani  
mukamawonjezera  
anzanu atsopano?

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Kodi pangakhale  
ubwino wotani?

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## KODI MUNGAPERKE MALANGIZO OTANI?

“Nthawi zambiri ndimangocheza ndi anzanga amodzimidzi. Ngakhale kuti ndimalankhulanso ndi anthu ena, ndimangopezeka kuti ndayambanso kucheza ndi anzanga omwe aja. Ndimaona kuti achinyamata amsinkhu ngati wangawu amaopa kuyamba kucheza ndi anthu ena, ndiye amangogwa ulesi.”  
—Emily.

Kodi mungapereke malangizo otani kwa Emily omuthandiza kuti azitha kuwonjezera anzake ocheza nawo?

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