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**Loyalty**

**Quotes from Alumnae:**

“Loyalty means you make a commitment to someone or an organization and stay true to that commitment for the entirety of your life.” – Melissa Zolla, Beta Xi

“Loyalty, to me, is knowing that your sisters will always be there for you as you are always there for them.  Supporting and encouraging each other through the big and little waves life catches you in, rekindling connections with sisters you haven't seen in years--these are things of which loyalty is made.  Loyalty is looking at your letters and smiling, knowing all the support you have put into them and that lies behind them, waiting to reinvigorate you.” -Dr. Megan Lisbeth Strang, Alpha Xi

“Loyalty is using your time and talents for the betterment and future of each emerging chapter, chapter, alumnae association, and the Fraternity. Imagine where we would be if our Founders and predecessors only did the bare minimum. We are who we are today because of the loyalty of all sisters that came before us. Now it is our turn to be loyal to Theta Phi Alpha and help her thrive.” Amy Spagnolo Bailes, Alpha Upsilon

Activity:

Watch [*The Power of Appreciation*](https://www.ted.com/talks/mike_robbins_the_power_of_appreciation). If you only have a few minutes, start this Tedtalk at 10:03.

* Think about someone or an organization to whom you are loyal. It could be a friend, family member, an organization you support, etc. When was the last time you said thank you for all of their support? Your gesture does not need to be as big as Mike’s, but take a few minutes to write them a hand written letter. If it is to a friend/family member, this could be a letter of gratitude for one specific moment or for their general support and loyalty over these past – months, years, decades. If it is to an organization, you could tell them how much their product or mission means to you. It could be general or highlight one specific worker who has impressed you.