

Monday

Forgiveness

Forgiveness is about giving someone another chance.
You decide to act differently and not be
bitter or angry anymore.

Tuesday

A Assertiveness

Assertiveness is about being positive and confident. You are aware that you are a worthy person with your own special gifts. You know what you stand for.

Wednesday

Idealism

Idealism is when you have ideals.

You really care about what is right and meaningful in life.

You follow your beliefs and you make a difference.

Thursday

Tolerance

Tolerance is about accepting each other with patience.
Accepting things that we wished were different.

Friday

Happiness

Happiness is a fruit of a virtuous lifestyle.