

# Kindness

I think nice things and  
do nice things for others.



# Vision

I see my future and it is beautiful.



# Creativity

There is only one me, and  
the world needs my gifts.



# Wellness

I love and take care of my body,  
mind and spirit.



# FOCUS

I give my attention to things that matter.



# Joy

I find things to take pleasure in every day.



# Goodness

I am good to others and  
I am good to myself.



# Generosity

The more I give, the more I have.



# Action

I have 60 minutes in every hour and  
60 seconds in every minute  
to do wonderful things with my time.



# Rest

I give my body, mind and spirit  
time to rest and relax each day.



# Respect

Everyone's feelings matter,  
including mine.



# Energy

I use my energy to learn and share  
and grow and to help others do the same.



# Confidence

I am strong and can accomplish  
anything I dream of.



# Mindfulness

I carefully choose my words,  
my thoughts and my actions.

