

IF I Take Care Of My Body By:

Eating right Exercising Avoiding drugs, alcohol, and tobacco

IF I Take Care Of My Mind By Being:

Eager to learn Teachable Willing to take difficult subjects Persistent

IF I Take Care Of My Character By Being:

Caring Cheerful Compassionate Confident Cooperative

Courageous Diligent Forgiving Friendly Honest

Humble Kind Loving Loyal Obedient to Parents Trustworthy

Persevering Respectful Responsible Self-Disciplined

Be Wise: Prepare for a Great Future Read Books That Build Character!







Adapted from the book, Time Remote See www.AdvancePublishing.com for award-winning character-building materials.