1. Kindness

Looks for ways to improve everyone's life. He delights in encouraging others and reminding them that they are not alone, invisible, or insignificant.

Treat others the way I want to be treated, that simple. Kindness to us as individuals also matters and is the basis of personal care. We must not forget to be kind to ourselves as you want others to be.

"I treat others as I want to be treated: with consideration, patience and respect."

1. Resilience

When things go wrong, I find a way to turn around and keep moving forward. Life drags me and I get up again, every day.

The ability to recover and adapt to change or misfortune.

For resilient people there is no hard life, but difficult times. The more I respond to takedowns by getting back up, the more automatic it becomes.

"I cultivate resilience looking for the lesson in every challenge."

1. Responsibility

The most important because I take responsibility for my words and actions and how they impact my life and that of others. When I have hurt someone, I do what I can to make it right.

As much as I enjoy making people smile, I know that I am not responsible for the feelings of others, just as no one else is responsible for mine.

"I take responsibility for my own words, actions and feelings."