



LEADER LINKS

About the LEADER LINKS...

The Leader Link is a weekly message delivered via email to support character development, good citizenship and social responsibility. The Leader Links address the same character traits that our students focus on throughout the week. Each Leader Link provides a simple definition, an inspiring quotation, a thought provoking question and an action prompt to encourage you, your friends, associates or group to consciously incorporate each quality into daily living.

PATIENCE

Definition:

PATIENCE is the ability to wait calmly without complaining, even when something takes a long time. Having patience allows people to remain relaxed in a potentially frustrating situation. Help develop a common vocabulary by communicating the meaning of PATIENCE through your daily actions.

Leader's Message:

A garden doesn't get planted, watered, grown and harvested in one day. It takes time for the seeds to sprout, the leaves to grow and the fruit to flourish. If we rushed the process, we would end up eating unripe foods. It takes patience to wait for all good things.

Food for thought:

Think about this quote by John Quincy Adams*: *"Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish."* Consider what this means to you. Do you agree with it or not?

Action Prompt:

Patience starts on the inside and works its way out. We are a people who seek immediate answers to our problems. Patience means being in control of one's emotions and not letting your emotions control you. It means being tolerant, kind and considerate to people who are different from you and to put yourself in another's shoes. If you can be calm, tolerant and understanding, you will be the kind of person who can really bring joy to others. Since you want other people to be patient with you, you should be patient with them too. Nobody can be patient for you. You have to be patient for yourself.

**John Quincy Adams (1767 – 1848) 6th US President*