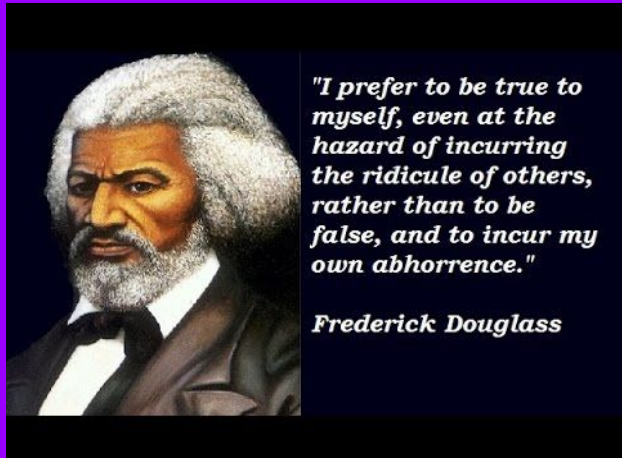# QUOTE OF THE DAY

The quote of the day was by Frederick Douglass and it states that You should always be true to yourself even at the hazards of incurring the ridicule of others. To me the first part of the quote i the most important because it tells you to always be yourself even if it embarace you or it makes people look at you different.

facts about Frederick Douglass

TOPIC OF THE DAY

The topic of the day was "How do you respect yourself". I think for you to respect yourself you have to have to have the right mind set. For example you have to always believe in yourself and always be confident. Not respecting yourself would like you always putting yourself down.

respecting yourself