

Preparation

Perseverance

Respect

Honesty

Integrity

Courage

Appreciation

Empathy

Gratitude

Tolerance

Duty

Loyalty

Responsibility

Compassion

Leadership

Character

Courage Up

I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.

Nelson Mandela



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*You gain strength, **courage**,
and confidence by every
experience in which you really
stop
to look fear in the face.*

*You must do the thing you think
you cannot do.”*

– Eleanor Roosevelt

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What Students Really Need to Hear

<https://www.youtube.com/watch?v=-O7v4EJjx-g>

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- **Class Discussion**