

## 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:

Courageous Humble Caring Persevering Cheerful Kind Diligent Respectful Compassionate Forgiving Loving Responsible Confident Self-Disciplined Friendly Loyal Obedient to Parents Trustworthy Cooperative Honest

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







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