

MEND A QUARREL
seek out a forgotten friend
DISMISS SUSPICION & REPLACE IT WITH TRUST
write a letter · give a soft answer
encourage youth
manifest your loyalty in word & deed
KEEP A PROMISE · FORGO A GRUDGE
forgive an enemy
apologize · try to understand
EXAMINE YOUR DEMANDS ON OTHERS
think first of someone else
be kind · be gentle · laugh a little more
EXPRESS YOUR GRATITUDE
welcome a stranger
GLADDEN THE HEART OF A CHILD
take pleasure in the beauty & wonder of the earth
speak your love & then speak it again