

MEND A QUARRREL
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

spread your love & then speak it again

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