

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