Own your life

Everyone is born with the potential for greatness. What happens next is up to you.

Goal achievement

Helping students develop a goal achievement plan is a wonderful skill to develop.

Perseverance

Perseverance is stubbornness with a purpose. Character education quotations.

Challenges and change

If it doesn't challenge you, it won't change you. Character education quotations.

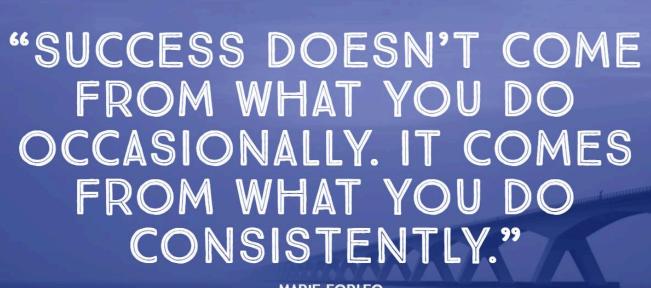
Defeats

We may encounter many defeats, but we must not be defeated. Character education guotations.

Courage to ask for

You get in life what you have the courage to ask for. Character education quotations.

Success



- MARIE FORLEO

@THERAYCENTER

Believe it is possible

The only way to achieve the impossible is to believe it is possible. Character education quotations.

The other side of the wall

Just because you can't see the result of your hard work doesn't mean it wasn't worth the effort.

Stress and connections

Here are five simple activities you can do to help your brain focus on the positive, and thus be more resilient in the face of stress.