



learning for life

embracing core values

your details

name/names: **Rosanna Watson**

year: **51**

school: **Kirkcudbright Academy**

teacher: **Mrs Clayton & Mr Scott**

favourite quotations

"Do you love life? Then do not squander time; for that is the stuff life is made of" – BF.

"We can become bitter or better as a result of our experiences" – EB

"The only way to have friend is to be a friend" – RWE

I think this is very true because if you are mean, no one will like you.

favourite stories

A woman is in hospital waiting to see if her husband is going to be alright. She is very sad and feels alone. Then she remembers "It is always darkest just before dawn". Then the doctor comes and tells her, her husband will be ok, but needs an operation.

I think this reminds us that lots of people have it worse than us and we shouldn't feel sorry for ourselves and waste our lives. When I used to complain to my mum about my eczema, she reminded me about J, my uncle. He had an accident when I was 2. A tree fell and crushed his spine, he is now in a wheelchair and will never walk again.

01 personal development

- positive outlook
- gratitude
- love
- enthusiasm
- happiness/joy
- perseverance
- generosity
- honesty/integrity
- humility/modesty
- wisdom

your choice:

"Of all the things you wear, your expression is the most important" – Janet Lane

I think enthusiasm is important because without it, you wouldn't get anywhere. People will see you are enthusiastic and see that you are trying and then they will help you.

02 success living

- creative thinking
- learning
- focus
- work
- ideals
- purpose
- courage
- friendship
- confidence
- self-discipline

your choice:

"Until you try, you don't know what you can't do" – Henry James

I think Focus is important because otherwise you don't know where you are going and you will be all over the place.

03 turning things around

- problem → solutions
- potential → actual
- loss → gain
- pessimism → optimism
- worry → moving on
- mistakes → learning
- anger → calm
- put it off → do it now
- fear → fearlessness
- stress → stillness

your choice:

Many people have lost someone, but only some are held back. Don't let loss hold YOU back. They wouldn't want that. Don't waste your life thinking about what you have lost.

04 personal relationships

- co-operation
- responsibility
- empathy
- trust
- kindness
- forgiveness
- respect
- volunteering/service
- listening
- openness

your choice:

I think trust is very important and you must trust love for your relationship to work. But I think the most important is Love, which is not included. A good friendship can make anyone smile.

inspirational figures

Mother Teresa
 "Good works are links that form a chain of love" – Mother Teresa

Mother Teresa was born in Yugoslavia of Albanian parents and lived in Skopje, Macedonia, as a child. In 1928, she went to India and joined the Irish order of sisters. She taught in a convent school. She became principal, but then decided to go and help the poor. In 1948, she took a week long course in basic nursing and went to work in the slums. This is one of the things I admire her for. She wasn't really bothered about what some people thought of her, she just wanted to help people. Gradually other nuns joined her and then in 1952, she opened her house to the dying. Her sisterhood, the order of the missionaries of charity was founded in 1950. She was awarded the Pope John XXIII Peace Prize in 1971 and the Nobel Peace Prize in 1979.

I find Mother Teresa inspiring because she was so kind and she achieved so much.

personal reflection

Roger and Lyn
 Roger and Lyn own the house that my mum and I live in (my dad owns his house) or rather it is a converted church. Roger is just the sort of roly-poly landlord, and they both own an antique shop and love music festivals. I look up to them because they have been married for about 30 years now and when they walk up the high street they still hold hands. Unlike a lot of relationships these days, they have been able to stay together, and their relationship is not in the least bit fragile. They love each other to bits. I just wish more relationships could be like this. To me, they are the best landlords you could have.

Love makes the world go round
 Creating this poster has made me think more about the importance of relationships. It has also made me think about all the kind people in the world, and I admire them. They devote nearly their whole lives to being kind, and don't receive enough credit for things they do. This poster has also made me think about how little we appreciate the things we have. And then when they're gone, we miss them much more than we liked them when we did have them, if you know what I mean. For instance, you have an old toy rabbit on your shelf and you don't play with it much. Then one day when you come home from school the dog has eaten it, so you throw the dog outside. Well, you never really liked the toy in the first place and you never played with it, so it was never any use to you and the dog probably got quite a lot of fun out of eating it!

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