



learning for life

embracing core values

your details

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year: **53**

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favourite quotations

Greatness: "It does not matter what you do. What does matter is that you do it the best. If you are a street sweeper, then be the best street sweeper there ever was. Do your work with pride, and do it with dignity, and in so doing it, you will be doing it with greatness"! Martin Luther King

favourite stories

The Bear
This story is about two men walking through the woods. A bear jumps out at the men; one climbs a tree speedily, whereas the other, slower man, falls down and pretends to be dead. The bear crept up to him, whispered in his ear, and walked off.

The other man came down and asked what the bear had said. He replied "Never travel with one who deserts you so quickly".

The story tells us to trust true friends, rather than trust blindly. Trust is an important part of life, especially in social relationships. Always gain and feel trust from those who you are close to.

01 personal development

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

your choice:

Essential for personal development. Wisdom is needed before taking a step in any direction in life, otherwise horrific errors can be made.

02 successful living

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

your choice:

Education is one of the most rewarding and profitable necessities of life. Although it seems a burden at times, it helps us get a good job, uphold good ethics and interact socially.

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:

Acceptance must be gained when worried about something. Instead of thinking self-deprecating thoughts, you must think how to solve problems that worry you.

04 personal relationships

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

your choice:

As people say, "walk around in other people's shoes from time to time". Empathy makes us considerate to others, helping us to develop strong relationships.

inspirational figures

"If we don't stand for something, we might fall for anything". Malcolm X

My inspirational figure, who epitomises the above quote, is Sir Winston Churchill. He became the Prime Minister of Britain on May 10, 1940; the same day that Hitler invaded the Low Countries. His job, following the disastrous appeasement policy of Chamberlain, was not easy: Britain was alone in Europe, indeed, the world, from June 1940 to June 1941, excluding refugee soldiers and Commonwealth or Imperial troops. Churchill brought together a nation with determined and inspirational speeches; he brought together conquered nations, with the help of exiled leaders; he patched up differences between irascible leaders such as De Gaulle; he drew on America intent on "Isolationism" into a war far from them; and he successfully engineered and suggested the largest naval landing in history, codenamed Operation Neptune, on June 6, 1944 (D-Day), despite past failure at Gallipoli and Narrik. It is questionable as to whether Britain would have surrendered to Hitler without the sheer charisma and bulldog personality of Winston Churchill. He is an inspiration to all freedom loving people and he most definitely saved millions from the horror of Nazism.

personal reflection

The morality of goodwill

"That action is best, which procures the greatest happiness of the greatest number". Frances Hutcheson on morals and morality

This quotation can be made a mantra for us all; I have attempted to make it mine. To make people happy is more than rewarding, it can be life changing. In a world like ours today, people neglect to remember the important questions and answers of life in terms of morality. People are much less religious than previous generations; belief in God is low. But I think that this should not mean that the morals and messages from religion can or should be ignored. Christian values are just as relevant now as ever. I believe that all are relevant to life, and try to live up to them. However, as Alfred Adler once commented on the subject: 'it is always easier to fight for one's principles than to live up to them.' It is not a fight easily won. But if we all tried to uphold these morals, sayings and principles, the world would be better. That is not to say that we should all turn to religion. Religion can lead us to dangerous situations, especially extremist sects. Philosophy should be adopted, rather than leaders. Leaders are important, but only you can choose what to think. I aspire to the morality of goodwill, to treat others as you would be treated; and most importantly, to love. The point of this poster is surely to make us see some of the world's greatest people, and follow their examples.

Our goal is to help individuals build a firm foundation of lifelong practical wisdom



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