

## Fortitude LOOK-FORs

- Doing our best each day
- Doing what is right when others will not
  - Standing up to a bully
- Standing up for truth when others are against you
- Using reasonable words instead of fighting
  - Making time to pray each day
  - Helping out at home each day
  - Getting up each day to go to school
- Being respectful when we don't agree
  - Being patient with others
  - Finishing schoolwork
  - Finishing a race when we are tired
- Choosing not to use hands-on behaviour
  - Being faithful to family and friends
    - Defending our faith
    - Walking away from gossip
    - Setting a good example
  - Using appropriate language
  - Walking away from a fight
- Walking away from inappropriate videos, movies
  - Finishing a project