

Reach Out



FINDING YOUR PLACE IN THE COMMUNITY

Week 5: Patience

A patient person chooses to respond in a positive way to negative situations. A patient person is slow to become angry, and when they become angry, they choose not to take it out on other people. A patient person has a slow fuse, not a quick temper. The best way to practice patience is to take a deep breath when life gets tough, and don't allow stress to get you down. Clear the air of negativity, and people will be drawn to you and want to listen to what you say.

“Have patience with all things, but first of all with yourself” - Saint Francis de Sales

Challenge: Patience

Don't say anything negative to anyone or about anyone. If you have a negative thought, hold your tongue, so you don't say something you'll regret.