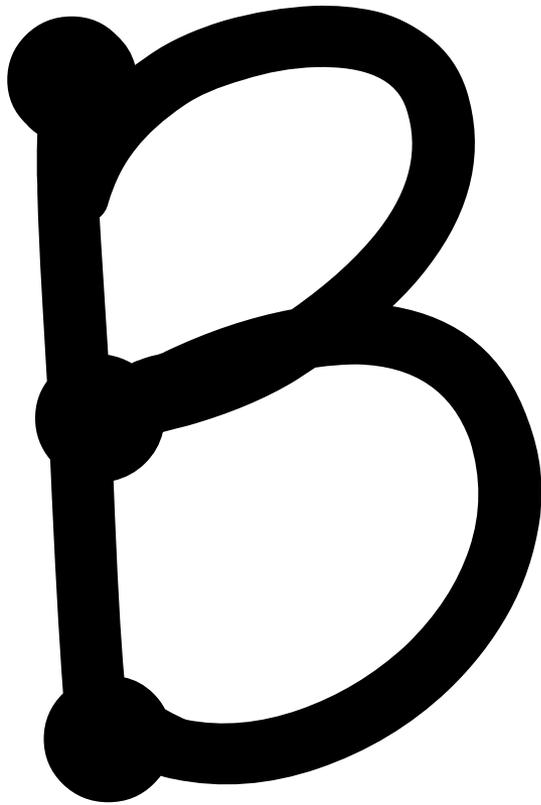


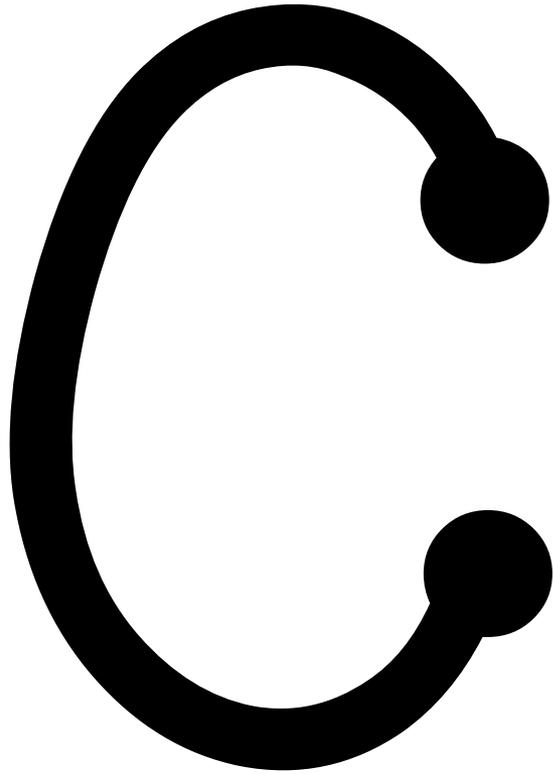
Attitudes control our lives.  
They are a secret power  
working 24-hours a day.  
People with positive  
attitudes are healthier,  
have more friends, do  
better in school and live  
longer. Want to be happy?  
Think good thoughts.

**Attitude**



Being present means being at school, everyday, ready to learn. When you are present in your classroom, you add to your own learning and the learning of all your classmates. Be present everyday to get the skills you need to be successful in life!

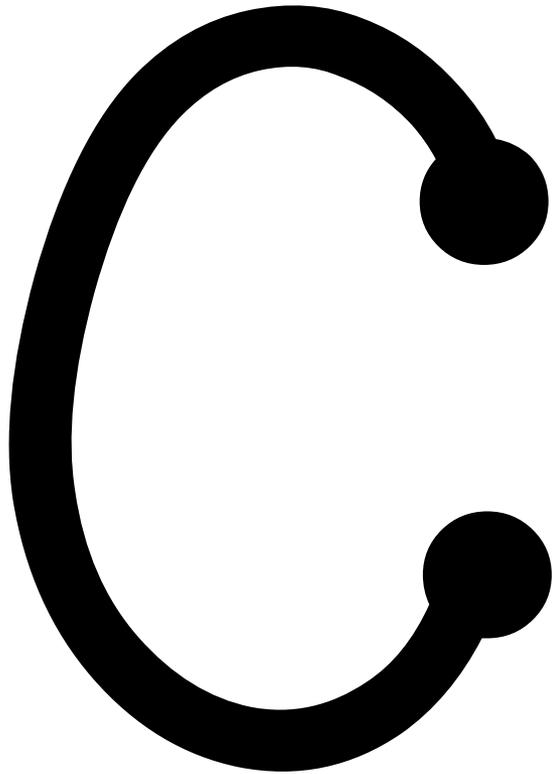
**Be Present**



Cooperation means working with others to achieve a goal. When you cooperate with others, you can get things done faster, more easily and more successfully.

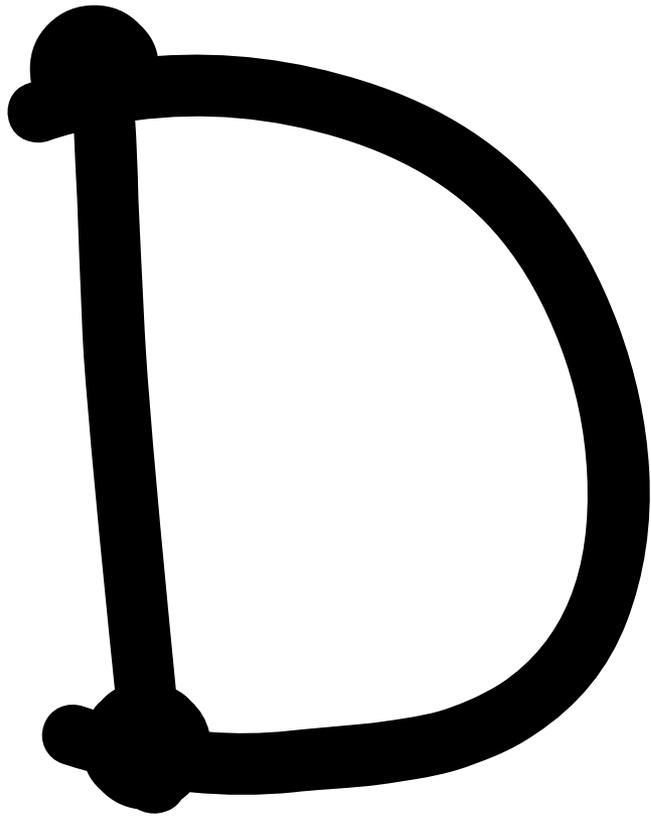
Cooperation with other students allows you to learn more in your classroom and prepares you to work with others in college and beyond.

# Cooperation



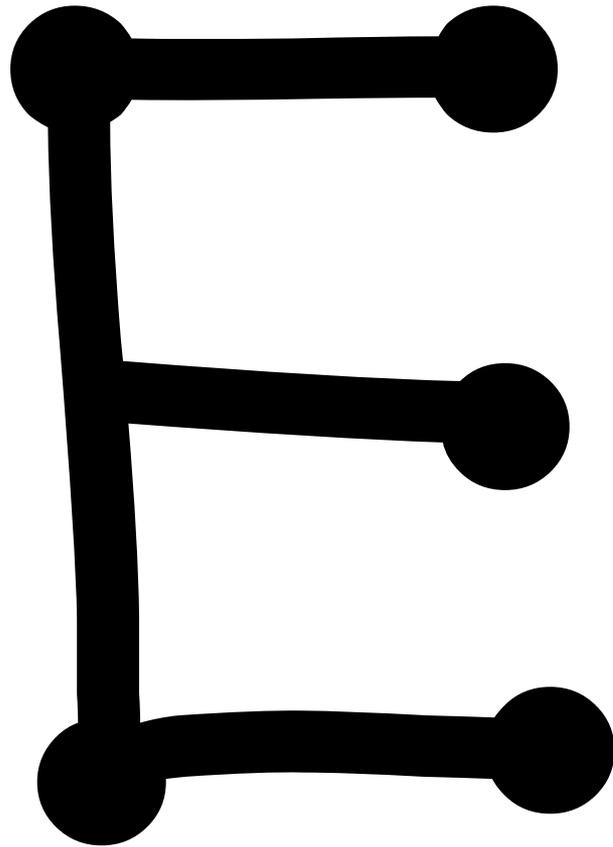
Courage is doing something, even when it frightens, scares or worries you. Courageous people stand up for their own beliefs and people who need help. They take risks in the hope of making great gains. They dream about a future that includes challenging goals and face their fears to achieve that future!

# Courage



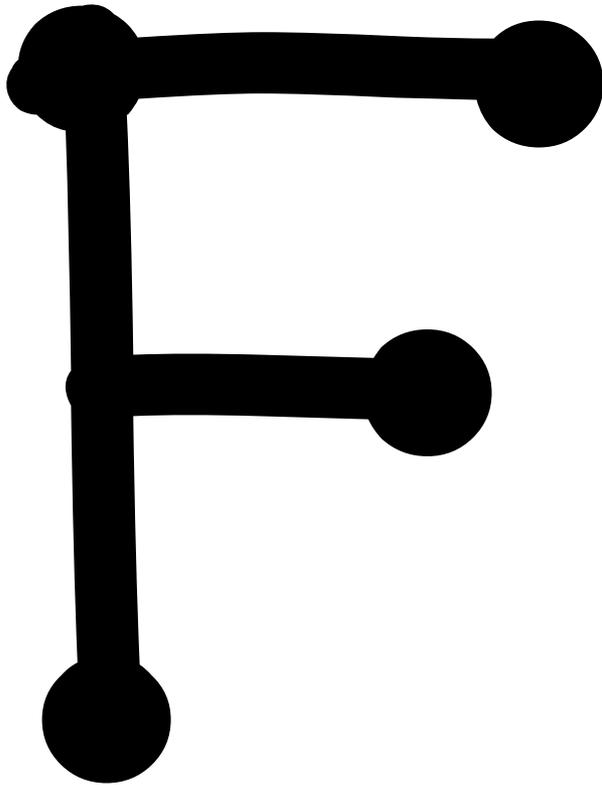
Determination is simply not giving up no matter how hard things get, or how badly you want to. If you are determined, you work through mistakes and problems to reach success. The difference between possible and impossible lies in a person's determination.

# Determination



Putting your best effort into all you do means you try your best and put 100% in everything you do. Don't worry about being **THE** best, just do **YOUR** best. Make every day a gold-medal day.

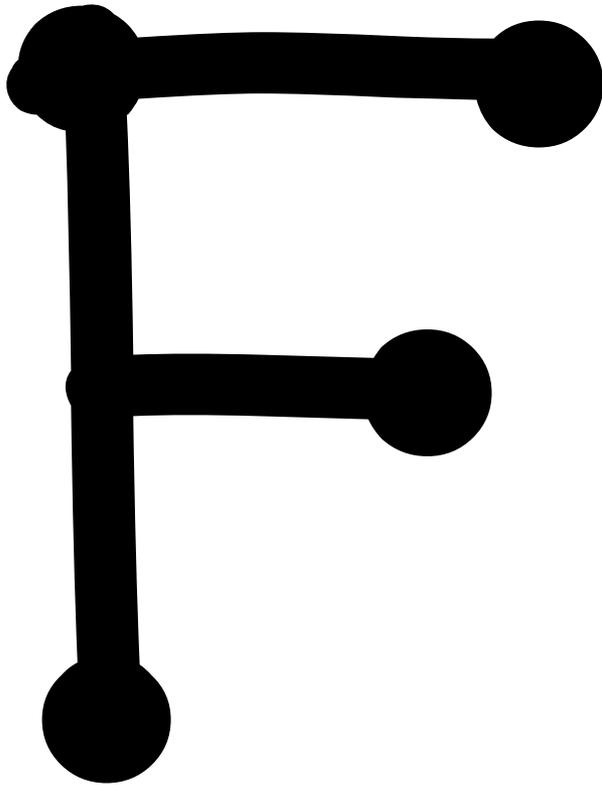
**Effort**



Are you able to adapt or adjust readily to changing conditions?

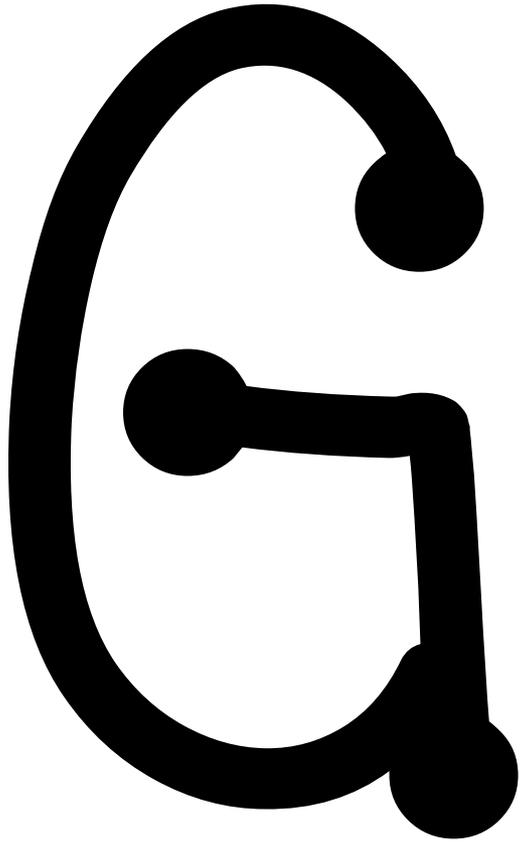
Things are constantly changing. Things don't always work out as planned, but no matter how well you plan, you will fair better if you expect the unexpected. When you're able to go with the flow, you can find new ways to have fun, be successful and reach your goals.

# Flexibility



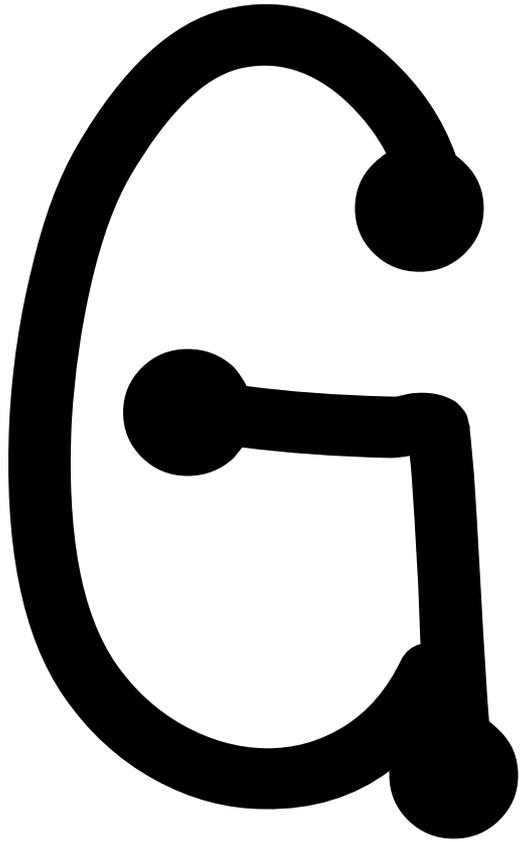
Be friendly – welcome new classmates, treat others with respect and reach out to others who are lonely. Friends are a great resource to help you. They will encourage and support you in good times and in bad, through success and failure. They are your safety net; let them laugh with you and cry with you.

# Friendship



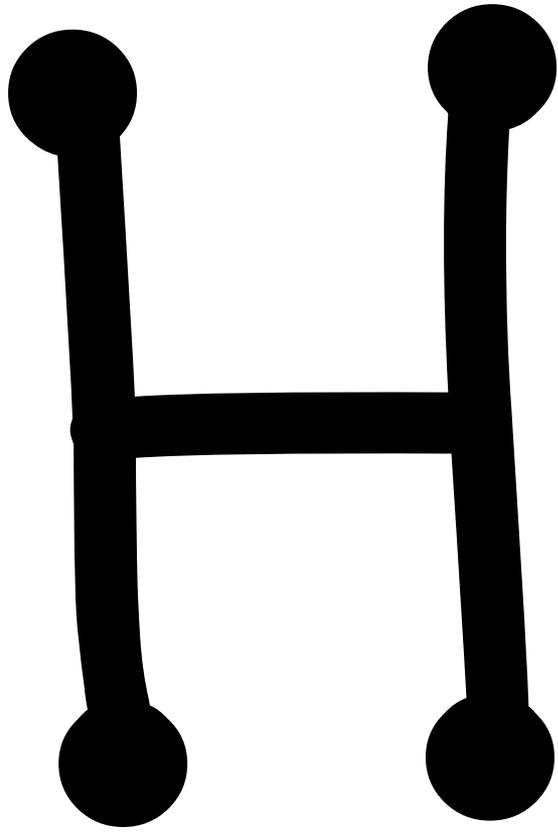
A person with grit works hard and sticks with things even when things are tough. They take on new challenges, make mistakes and learn from them. Show your grit as you do hard things and stick with them until they are accomplished!

Grit



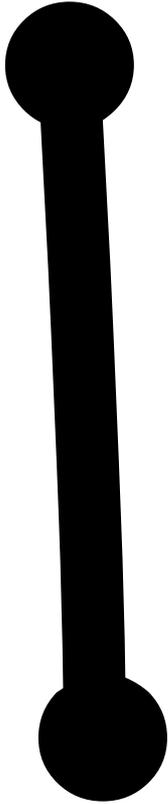
Gratitude means being thankful. Show gratitude to the people who help you succeed in school – your family, your classmates, your teachers. Look for the good things in your life and express how thankful you are for those. Having an attitude of gratitude makes life happier!

# Gratitude



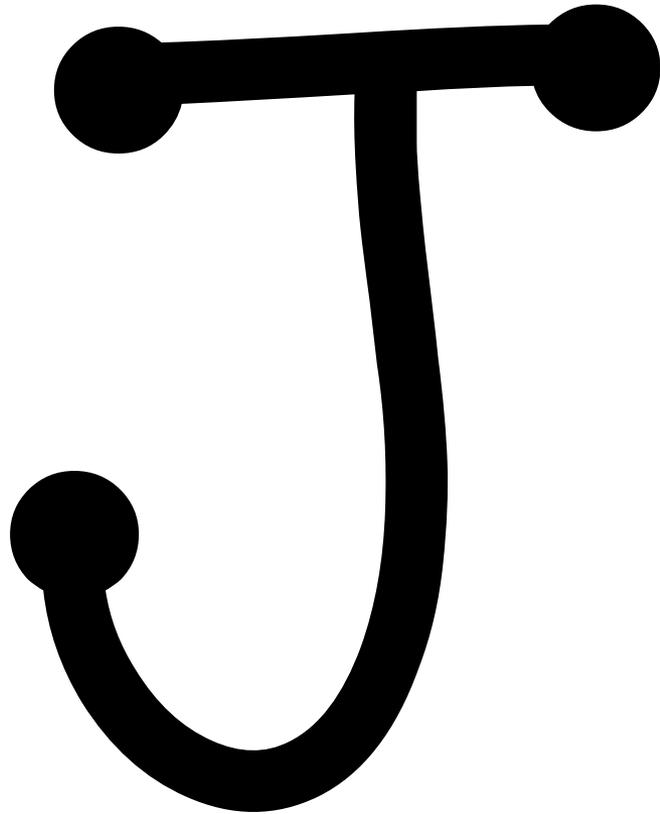
Honesty is more than just telling the truth. Honesty means you don't do things that are morally wrong. If something you do is breaking the law or you have to hide it because you'll get in trouble, you are not being honest. Being honest means you admit to your actions, even if you'll get in trouble. It also means you don't say things about people that aren't true.

# Honesty



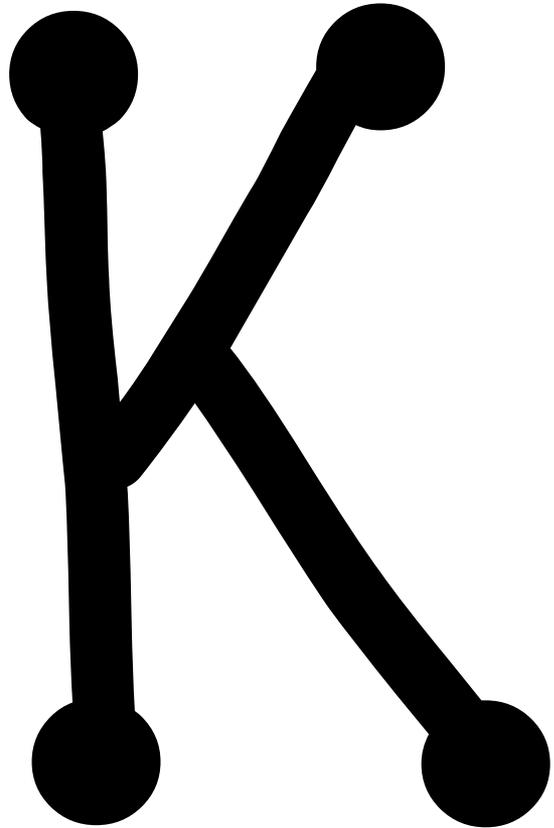
Integrity means being true to yourself, even when you might feel pressure to be someone different. A person with integrity is honest about who they are and steadfast in their beliefs. Be in the right place at the right time doing the right thing, no matter who is watching. Follow through on promises you make, so others will trust and believe in you.

# Integrity



A person who is joyful finds happiness all around them. Looking for the positive in situations bring more joy to your life. People who can find joy, even in challenging situations, will be happier and more successful in life. Joyful people bring delight into the lives of others!

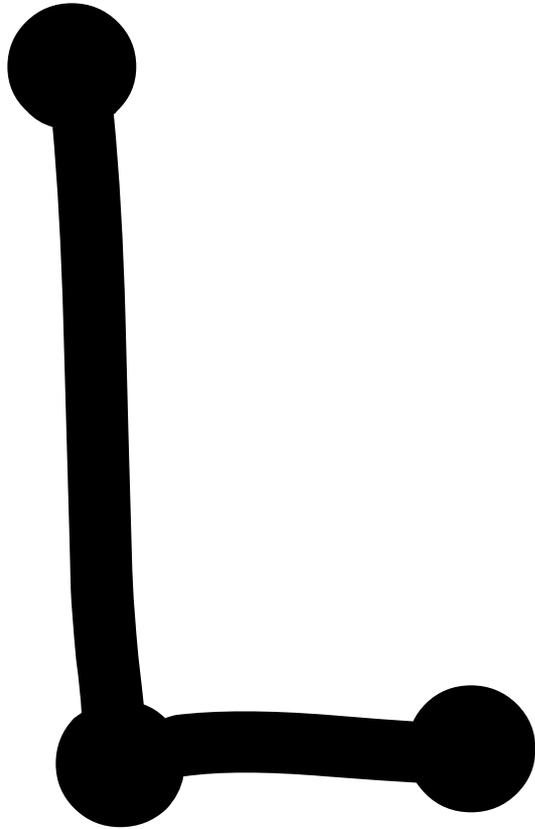
Joyful



When someone is knowledgeable about a subject, they are able to share what they know with others!

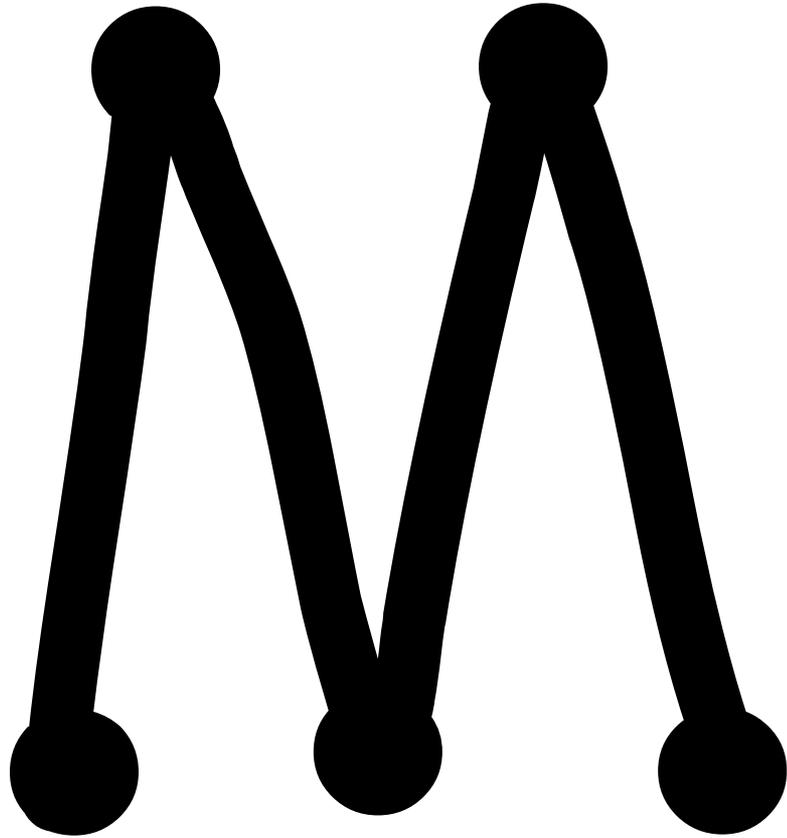
Sharpen those important navigation skills to get through school and life by learning how to learn. Dig into subjects that interest you and build your knowledge! Strive to learn something new every day. The more you know, the stronger you'll grow.

# Knowledge



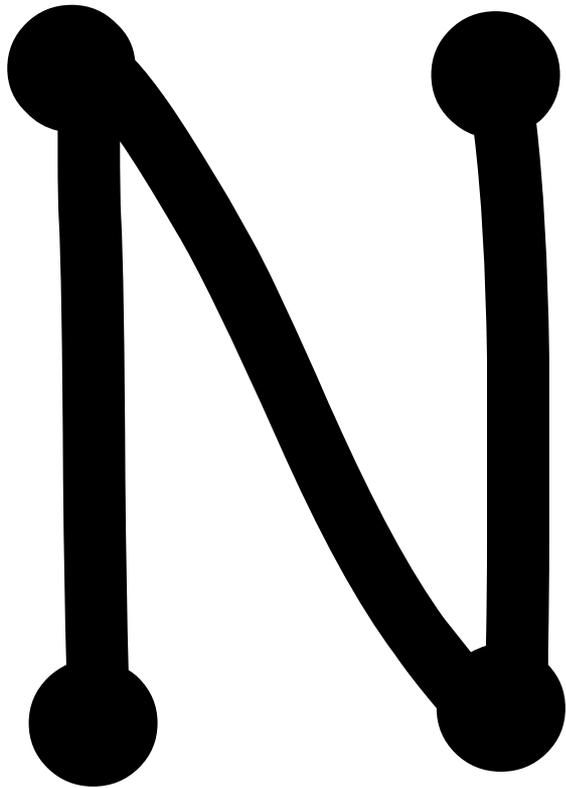
Leadership is the ability to engage, inspire and motivate others towards accomplishing shared visions and goals. It means making a difference, creating a positive change. Being a leader gives you the opportunity to bring positive change to the world. Anyone can be a leader. All you have to do is guide people to the right path.

# Leadership



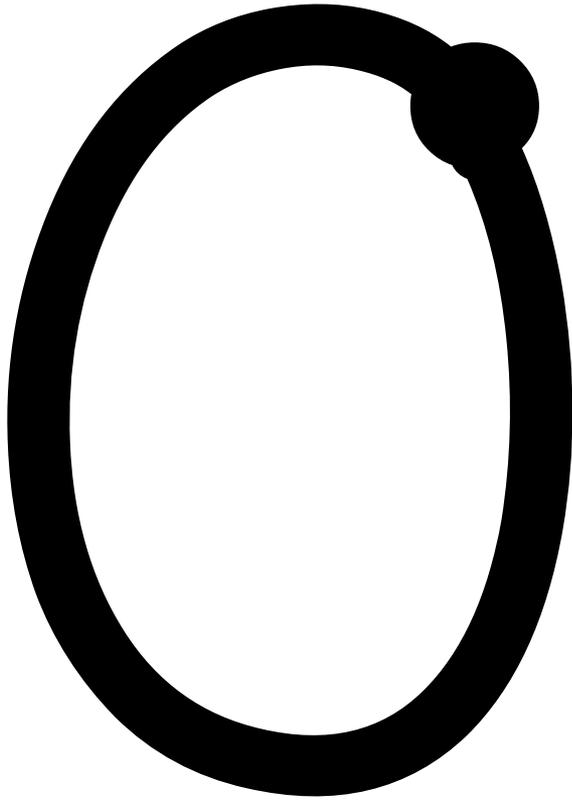
Do you have the desire to succeed? Motivation is the drive that helps you get things done. Get a jumpstart on your work; don't wait until tomorrow to do what you can get done today. Motivation is the power behind reaching your dreams. You can succeed in college and beyond if you are motivated to do the hard work to get yourself there!

# Motivation

A large, bold, black letter 'N' with rounded ends, serving as a visual anchor for the text.

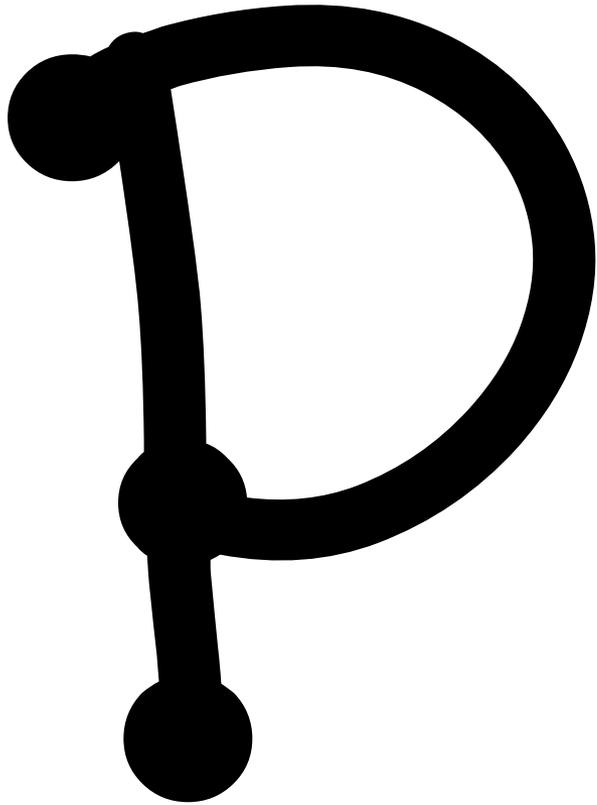
Someone who comes up with new ideas is innovative. When you create solutions to problems you show are a person with new ideas! Being able to adapt to new ideas and use new information also shows flexibility. Share new ideas with others to problem solve, learn and collaborate!

# New Ideas



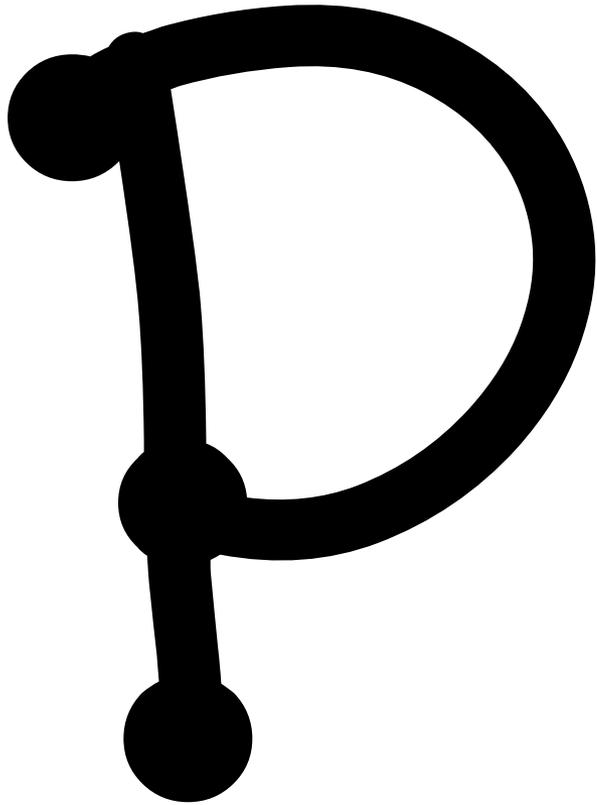
Find a system that works to help you get it together. Your stuff won't be helpful if you don't know where it is. For example, use a planner to remind yourself about homework and special events. Use your time wisely. Use your agenda. You've got all the time you need when you manage it well, so watch your watch.

# Organization



Problems will happen in your life. Remember to define the problem, brainstorm solutions and then try one. If that solution does not work, try something else. Be resourceful and creative. Will you take ownership of problems or leave them for someone else?

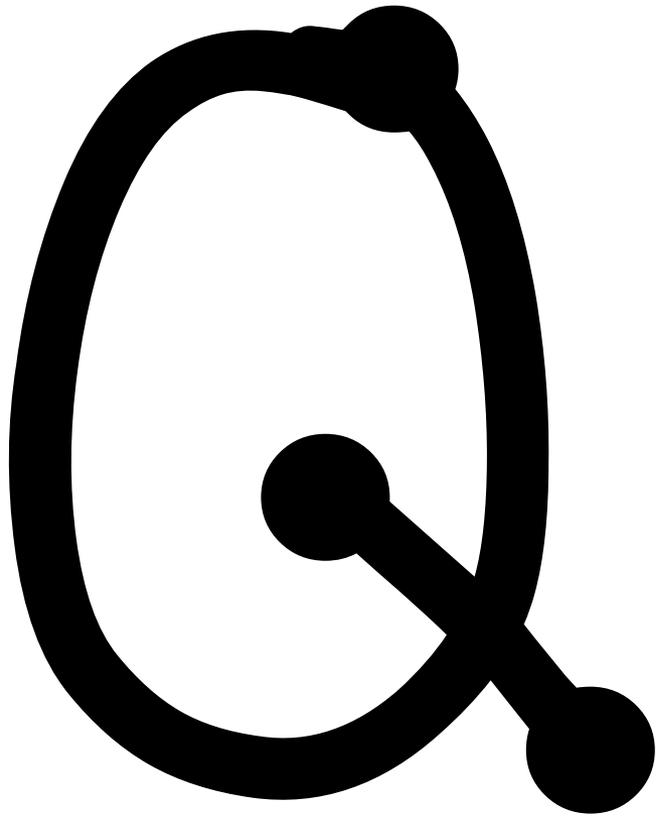
# Problem Solving



Perseverance is a very important trait of a leader and goal-setter. People who persevere show mental toughness, commitment, focus, reliability and integrity to follow through with what they said they would do, no matter how hard it may be.

Perseverance allows you to reach our learning goals and life goals by pushing through problems to reach success!

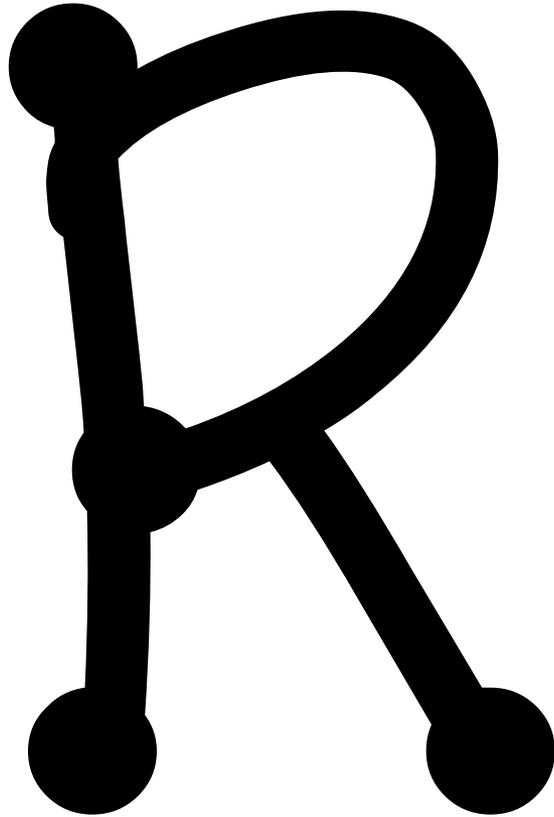
# Perseverance



When someone shows quality in their work, they put their highest level of effort into it.

Ask yourself, "Is this my absolute BEST work?" Do your best to achieve academically in the classroom and in life. Turn in quality work, work that you would be proud to show your family and friends, and you will be on the path to life-long success!

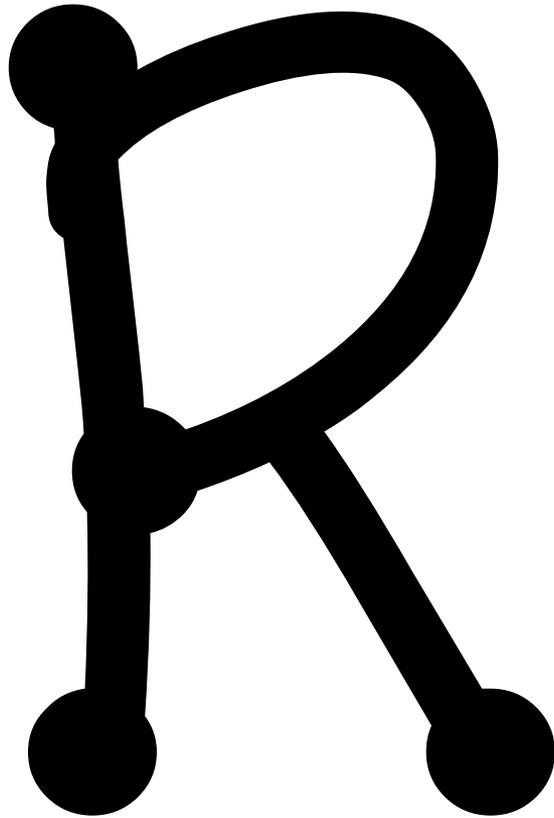
# Quality



Showing respect to someone means you act in a way that shows you care about their feelings and well-being.

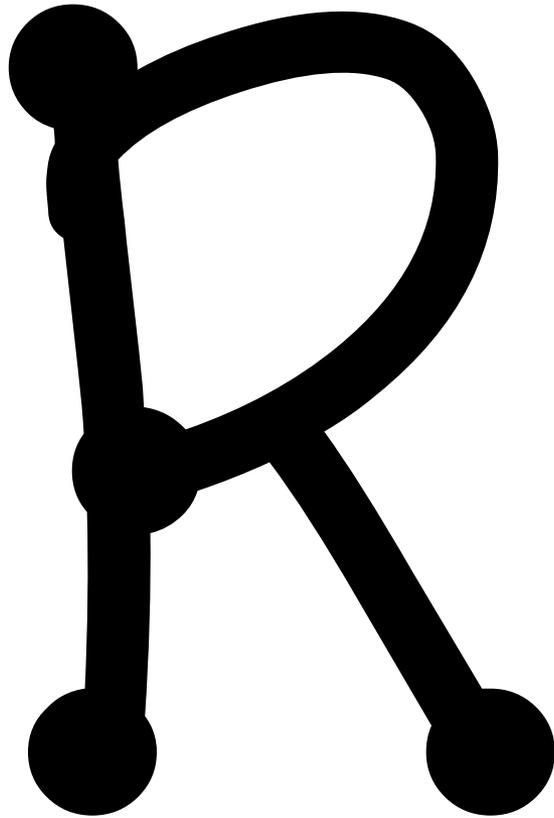
Showing respect for others includes things like using kind words and actions, treating people with courtesy and caring enough about yourself to act safely. When you are respectful toward others, you build great relationships and strong relationships give you support as you work toward your goals!

# Respect



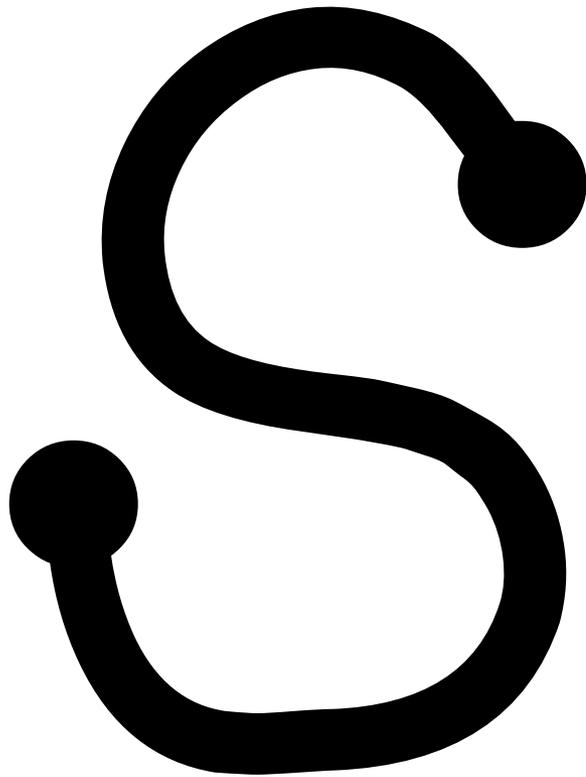
Being responsible means you take care of the things you are supposed to do – you do your job! Show up everyday on time, make decisions carefully, hand in all assigned work, and follow directions and expectations. Be someone that people can count on. Take responsibility for your own future.

# Responsibility



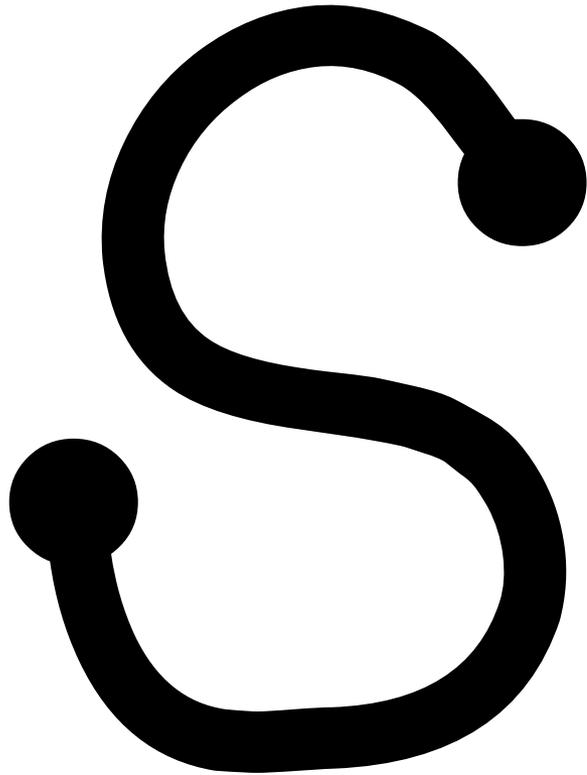
Rigor means digging deep to understand or accomplish something. When you show you are rigorous, you prove you can do hard things and you can do them well. You don't back down when things get hard and you continue to push to learn more and reach difficult goals.

Rigor



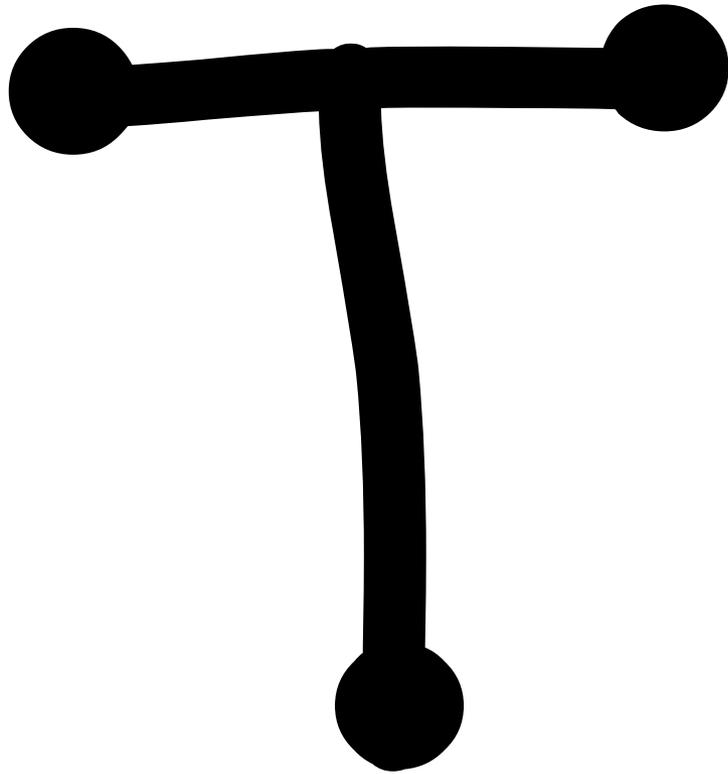
Believing in yourself is the first step to becoming successful. If you don't believe you can do it, why should anyone else? Project a sense of calm and confidence by keeping your chin up, shoulders back and making eye contact. Have the courage to ask questions that need to be asked and to freely contribute your ideas.

# Self-Confidence



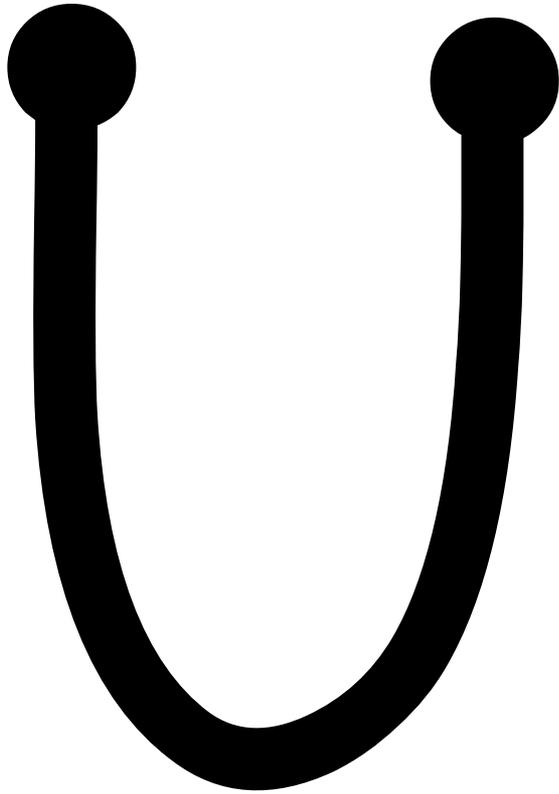
Showing self-control means making safe, respectful and responsible decisions. People with good self-control make thoughtful choices, even when they are feeling strong emotions. Self-control sets you on a path to success because you can do what is expected of you. Use self-control to show you are in charge of yourself!

# Self-Control



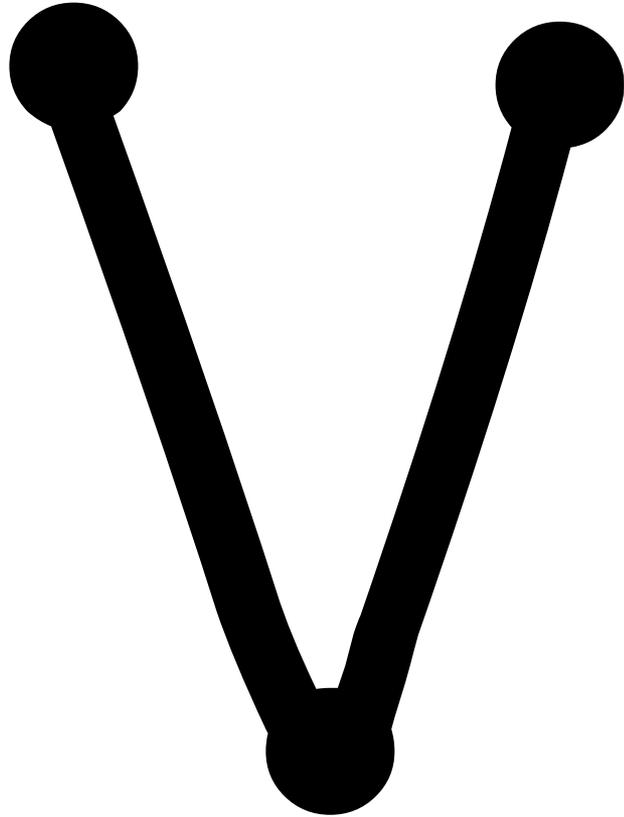
Tolerance means accepting others who are different from you. It means you are willing to recognize and respect the beliefs or practices of others, and that you treat them with respect, kindness and understanding. When you are tolerant, you can get along with many different types of people. This type of acceptance can lead to strong friendships and successful cooperation with others.

# Tolerance



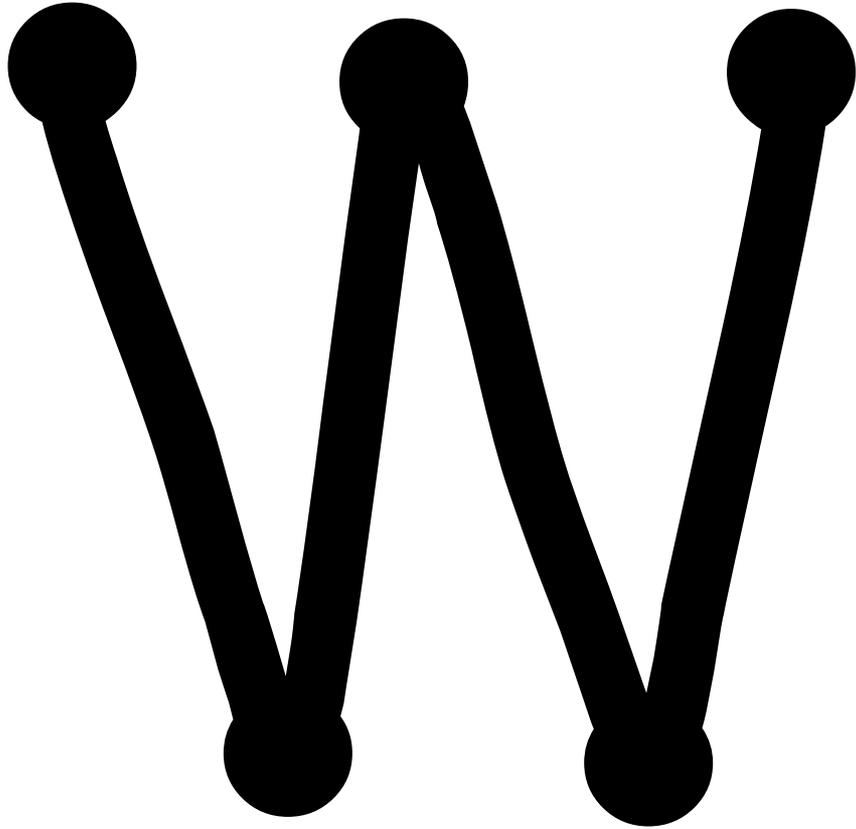
Be understanding of others. Watch, hear, think, reflect and ask questions so that you can understand what people are telling you. Listen with your heart so you don't miss anything. When you are confused, keep asking questions until things are clear. Show understanding to others by forgiving when they make mistakes and being respectful of them when you disagree.

# Understanding



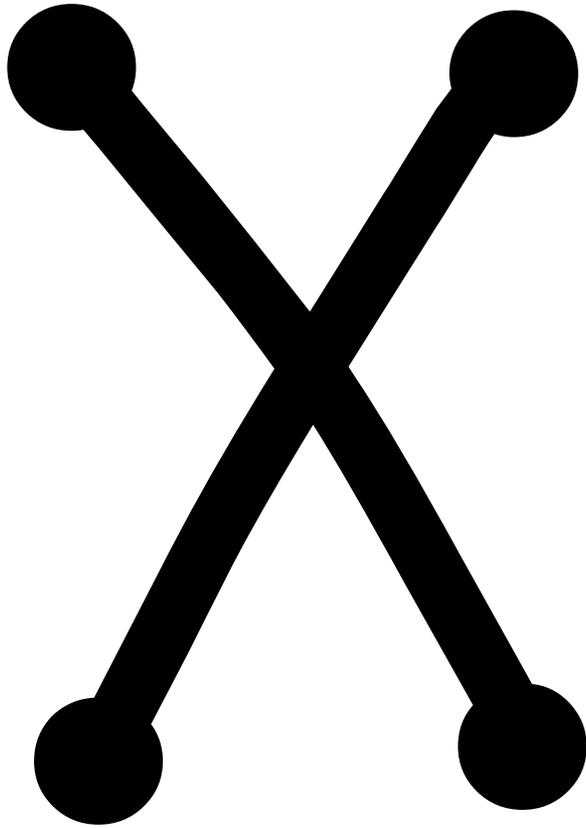
Volunteers serve others without expecting anything in return. Be a volunteer in your classroom by helping your teacher clean up or a volunteer in your home by doing a chore for a family member. Lend a helping hand with a serving heart. You make the world a better place when you give back to your community.

# Volunteer



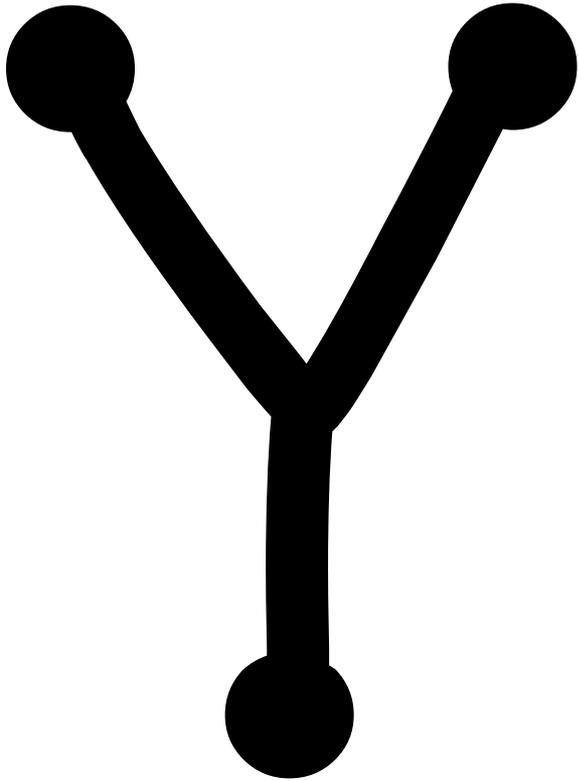
Work ethic is defined by what you are willing to do when nobody is watching. Spend a little extra time and energy working hard at everything you do - at school, at home and in your activities. Your hard work will pay off when you accomplish your college and career goals.

# Work Ethic



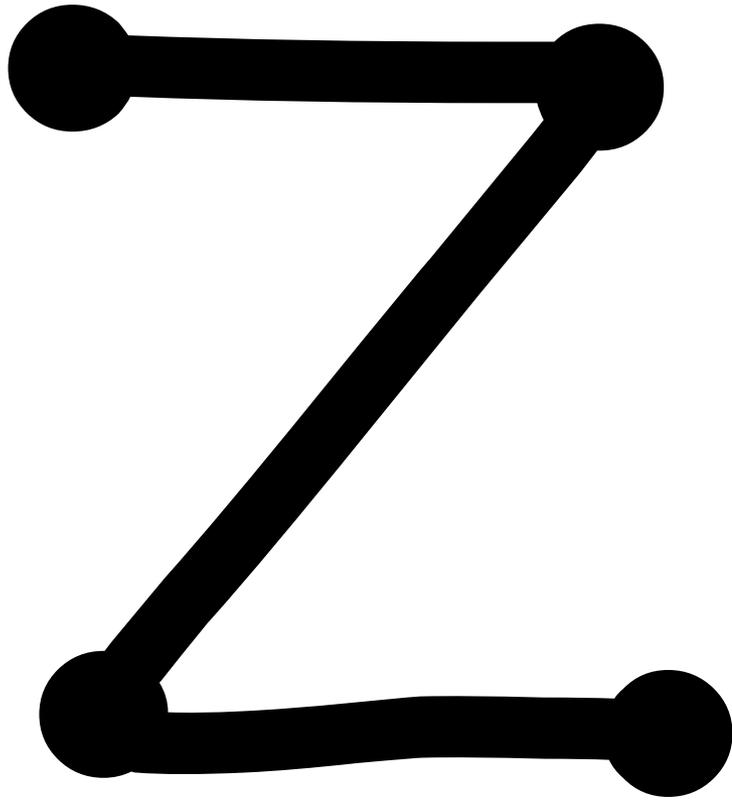
You show excellence when you do your best. Excellence shows through when you finish your work completely, follow the school's expectations and work to accomplish your goals. Excellent learners are college-bound leaders!

eXcellence



In a world where you can be anything, be YOURSELF. Be creative and imagine all the possibilities for your life. Have confidence in the person you are and the beliefs you hold. You are special and unique – that that show through to make your mark on the world.

**be Yourself**



People with a zeal for life show enthusiasm and positive energy. Others feel happy and energized when they are near someone with zeal. Get excited about learning and eager to grow. Show your zeal by sharing your passion for learning with others. Search out the fun and joy in learning and in life!

# Zeal