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| **ESSENTIAL** | **8 ESSENTIALS GOALS** |
| **Commitment**  Sticking to your choices | School: |
| Home/Community: |
| **Patience**  Showing self-control and impulse control | School: |
| Home/Community: |
| **Humility**  Being authentic without pretense or arrogance | School: |
| Home/Community: |
| **Selflessness**  Meeting the legitimate needs of others | School: |
| Home/Community: |
| **ESSENTIAL** | **8 ESSENTIALS GOALS** |
| **Kindness**  Giving attention, appreciation, and encouragement | School: |
| Home/Community: |
| **Respect**  Treating others as if they were important | School: |
| Home/Community: |
| **Honesty**  Being free from deception | School: |
| Home/Community: |
| **Forgiveness**  Letting go of resentment | School: |
| Home/Community: |