

# — “NO EXCUSES!” —

“We all have the ability to replace fear with love.

We all have the ability to overcome indifference with action and courage. Our brains are lazy.

Our brains say ‘Tomorrow I will do something.’

Our insecurities say to us, ‘I am only one person, what can I do?’ Our heart may be covered in fear, but it whispers,

‘Courage - act - try - you can do it!’ Shimon Ben Gamliel said,

‘Study is not the goal, doing is. Do not mistake ‘talk’ for ‘action’. Pity fills no stomach.

Compassion builds no houses. Understanding is not yet justice ...”

*Paul H. Sutherland,  
Chairman, STEPi*

**“AS PARENTS AND TEACHERS, WE HAVE POWERS AVAILABLE TO US - THE SEVEN POWERS OF SELF-CONTROL:”**

**PERCEPTION:**

No one can make you mad without your permission;

**UNITY:**

We are all in this together;

**LOVE:**

See the best in others;

**ATTENTION:**

What you focus on, you get more of;

**ACCEPTANCE:**

The moment is as it is;

**FREEWILL:**

The only person you can make change is yourself;

**INTENTION:**

Conflict is an opportunity to teach.”

*Becky Bailey,  
child advocate, teacher and author*



**“We accord a person dignity by assuming that they are good, that they share the human qualities we ascribe to ourselves.”**

*Nelson Mandela*