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Believing in yourself  
standing for what you believe in  
regardless of the odds against you  
and the pressure that tears at your resistance  
**means courage**

Keeping a smile on your face  
when inside you feel like dying  
for the sake of supporting others  
**means strength**

Stopping at nothing  
and doing what in your heart  
you know is right  
**means determination**

Doing more than is expected  
to make another's life a little more bearable  
without uttering a single complaint  
**means compassion**

Helping a friend in need  
no matter the time or effort  
to the best of your ability  
**means loyalty**

Giving more than you have  
and expecting nothing  
but gratitude in return  
**means selflessness**

Holding your head high  
and being the best you know you can be  
when life seems to fall apart at your feet  
and facing each difficulty with  
the confidence that time will bring  
you better tomorrows and never giving up  
**means believing in yourself.**

-Poem by Mary Ellen Joseph