

You gain
**STRENGTH,
COURAGE &
CONFIDENCE**
by every experience in
which you really stop to
look fear in the face.

—Eleanor Roosevelt

You are able to say to yourself,
*“I have lived
through this
horror. I can take
the next thing that
comes along.”*

—Eleanor Roosevelt

JUSTICE
cannot be for one side
alone, but must be
for both.

- Eleanor Roosevelt

ANGER
is only one letter short of
DANGER.

—Eleanor Roosevelt