

**Fondness**

I always have believed that it is important to show your affection and gratitude towards others. Treat others as you want to be treated. I love receiving compliments, and so I try to spread them around, because I know that it really does make a difference.

**Fidelity**

I find it important to remain faithful and loyal to family and friends. It shows your appreciation and reliance. When someone shows fidelity, I know that I can trust and hove faith in them.

**Fortitude**

Keeping your emotions straight isn’t easy for anyone, let alone me. Having mental and emotional strength is something I strongly admire and respect. I can sometimes struggle with my mental endurance, and to have fortitude means the world to me.

 **“Make the most of today, because you might not get tomorrow.”**