

### Satisfaction

'Anela'

Even with a small bank account, the one who is contented finds himself with great wealth.

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### Gentleness

'Ubumnene'

Move through the world with the grace of an angel, the dignity of a king and the wisdom of a child.

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### Love

'Uthando'

If I learn to create love on my heart and silently share it with everyone I meet, love will grace every corner of my life.

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### Faith

'Ukholo'

Constantly have faith that whatever is happening is good and whatever is to happen will be better and you will remain unshakeable and immovable.

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### Contentment

'Okuphakathi'

In situations of conflict, I have to realise that the only weapons I need are a smile and a loveful attitude.

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### Courage

'Isibindi'

One of the highest forms of courage is to face my own negativity without feeling guilty or bad about myself and then take responsibility for changing it.

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### Humility

'Khoteme'

Just as a tree that is full of fruit bows down for others to take the fruit, one who is humble will always live in self respect and offer respect to others.

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### Determination

'Itemba'

You move through life with such determination, courage and faith that success must race to keep up with you

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### Patience

'Isineke'

You are a patient soul who allows the fruits of your efforts to emerge at their perfect time.

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