Compassion means understanding the feelings of others and being kind and caring. It is having the ability to show empathy, concern and, most of all, love. By being compassionate, not only are you helping others but, in a way, you are also helping yourself.

Your aspirations are your dreams for the future and what you want to achieve. Aspiration means aiming for the best in life and trying to reach the goal you want. If you aspire to achieve something, you go for it and push through the difficult moments.

Respect is a mutual thing, and it always should be. If you want respect, you show respect too. Respect means considering the feelings, wishes or rights of others. Respect yourself and others by treating them the way that you want to be treated.

Everyone is equal and you should treat each person the same as everybody else. Equality is about ensuring individuals are treated fairly and equally, no matter their race, gender, age, disability, religion or sexual orientation.