



Sarum's Recipe for Creating Respect

If you use the ingredients we have shared,
you too will spread wonderful respect
around you.

1 handful of friendship

1 litre of kindness

1 dollop of helpfulness

1 spoon of truthfulness

6 ounces of responsibility

3 teaspoons of resilience

1 pint of trust

7 ml of fun

½ cup of reflectiveness

1 cup of care

8 teaspoons of love

18 teaspoons of happiness