Poise Just being yourself. Being at ease in any situation. Never fighting yourself.				Confidence Respect without fear. May come from being prepared and keeping all things in proper perspective.				
and diet must be considered. Moderation and qu			Skill knowledge of and the ability to properly d quickly execute the fundamentals. Be prepared and cover every little detail		Team Spirit A genuine consideration for others. An eagerness to sacrifice personal interests of glory for the welfare of all.			
Practice self-discipline and keep emotions under control. Be observed open-metric open-metric descent		Alertness ving constantly. Stay hinded. Be eager to rn and improve.		Initiative Cultivate the ability to make decisions and think alone. Do not be afraid of failure, but learn from it.		Intentness Set a realistic goal. Concentrate on its achievement by resisting all temptations and being determined and persistent.		
Industriousness There is no substitute for work. Worthwhile results come from hard work and careful planning.	Friends Comes from esteem, respe devotion. marriage, it mu taken for gran requires a join	mutual ct, and Like st not be ted but	Loy To yoursel those deper you. Keep resp	f and to all nding upon o your self	With a coworke want t interest best wa	operation Il levels of ers. Listen to be heard. ted in findin ay, not in ha ur own way	your if you Be g the wing	Enthusiasm Brushes off upon thos with whom you come contact. You must tru enjoy what you are doing.

All of Which Are Dependent Upon One's Possession of the Following Attributes

Ambition	Adaptability	Resourcefulness	Fight	Faith
For Noble Goals	For Any Situation	Proper Judgment	Determined Effort	Through Prayer
Patience	Integrity	Reliability	Honesty	Sincerity
Good Things Take Time	Purity of Intention	Creates Respect	In Thought and Action	Keeps Friends

Source: BE QUICK—BUT DON'T HURRY! Finding Success in the Teachings of a Lifetime, by Andrew Hill with John Wooden