

## Day 28: Zero-tolerance

### Quote

Tolerance is the virtue of the man without convictions.      Gilbert K. Chesterton

### Bible Verse

My son, do not let wisdom and understanding out of your sight, preserve sound judgment and discretion  
Proverbs 3:21

### Inspiration

Don't be a bully

<http://www.youtube.com/watch?v=BjN9rqdNNVA>

### Journaling

We live in a world where tolerance, equality and freedom are considered to be extremely important. But what issues, values or character traits are so important to you that you would stand firm for them?

### Technique

Use one of the techniques from the water-based media list.

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