

# P Is for P atience

It can be difficult to wait, especially when you're excited about something. When you have patience you learn to take things as they come.

Think of a seed. It takes time for a seed to sprout and grow into a full-sized plant. Getting impatient won't make the seed grow any faster, but if you're calm and patient, you'll be able to enjoy all the stages of growth.

When you're patient you feel happier and content with when things happen.

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## Put it into action:

The next time you're having a hard time waiting, take a few moments to think of some of the things you can learn or do while you're waiting.

