

# Actions That Keep Individuals and Families Strong

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It is often said, and it is usually true, that the whole is greater than the sum of the individual pieces. In the case of a country, it is equally true that the stronger the families and individuals within that country, the stronger the country. That is what the actions in this section are about - actions that help individuals believe in themselves and actions that help families enable individual growth.

## Citizen Actions

1. [Be the best you can be.](#)
2. [Continue family and personal traditions.](#)
3. [Promote Excellence](#)
4. [Encourage your children to do a good deed and write the story of it as their Christmas or Holiday gift to you.](#)
5. [Keep a Gratitude Journal](#)
6. [Keep in touch with aunts, uncles, grandparents and other relatives.](#)
7. [Learn about, and relate to your children, how your family came to be in this country.](#)
8. [Replace Your credit cards with a debit/check card](#)
9. [Resist intimidation.](#)
10. [Take a course on parenting.](#)
11. [Talk with your children about ways to be a good citizen.](#)
12. [Tell the truth.](#)



**Reader Submitted  
Actions**