

Gabby Thomas Sets the Gold Standard on Determination, Giving Back and Balance

Highlighted Virtues / Character Traits:

Determination: firmness of purpose; complete commitment to achieving a goal

Discipline: training expected to produce a specific benefit, moral, mental and / or physical improvement.

Balanced Life: being engaged and pursuing excellence in several areas of life; leading a healthy lifestyle in what we eat, getting enough sleep, exercising regularly, having relationships that are affirming and constructive. Living a balance life leads to long term happiness.

Family Dedication / Support: complete dedication for the well-being of other members of our family, physically, emotionally and spiritually, motivated by love

Compassion: feeling of sympathy for the distress of others, with the desire to help

Generosity: giving freely of our own possessions, time and/or talent.