

Expectations

We are expected to be nice, even when we are insulted

Smile when we know we are disrespected

Sorry!

Kisses and hugs do not replace honesty

Delicious food and drinks do not substitute for compassion

Respect the ones that hate us, the holy and wise ones preach

Unfortunately, reality came to the door

Don't preach kindness and peace when you lack the same

Practice what is expected

Be honest

Be kind

Be yourself even when you are not loved

Be respectful even when you are disrespected

Be generous with kind words

Be kind with your thoughts even when you are alone

Be happy with your own expectations