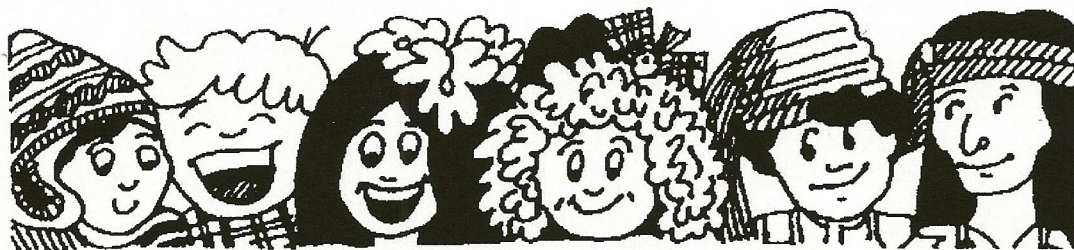




## Virtues: The Gifts Within

- |                 |                   |
|-----------------|-------------------|
| ■ Assertiveness | ■ Kindness        |
| ■ Caring        | ■ Love            |
| ■ Cleanliness   | ■ Loyalty         |
| ■ Compassion    | ■ Mercy           |
| ■ Confidence    | ■ Moderation      |
| ■ Consideration | ■ Modesty         |
| ■ Courage       | ■ Obedience       |
| ■ Courtesy      | ■ Orderliness     |
| ■ Creativity    | ■ Patience        |
| ■ Detachment    | ■ Peacefulness    |
| ■ Determination | ■ Prayerfulness   |
| ■ Enthusiasm    | ■ Purposefulness  |
| ■ Excellence    | ■ Reliability     |
| ■ Faithfulness  | ■ Respect         |
| ■ Flexibility   | ■ Responsibility  |
| ■ Forgiveness   | ■ Reverence       |
| ■ Friendliness  | ■ Self-Discipline |
| ■ Generosity    | ■ Service         |
| ■ Gentleness    | ■ Steadfastness   |
| ■ Helpfulness   | ■ Tact            |
| ■ Honesty       | ■ Thankfulness    |
| ■ Honor         | ■ Tolerance       |
| ■ Humility      | ■ Trust           |
| ■ Idealism      | ■ Trustworthiness |
| ■ Joyfulness    | ■ Truthfulness    |
| ■ Justice       | ■ Unity           |





## There are five basic strategies in The Virtues Project:

### 1. Speak the Language of the Virtues

Language has great influence to empower or discourage. Self-esteem is built when shaming, blaming language is replaced by calling each other to the virtues. It is applied both when acknowledging or correcting someone. If you fill a home or a school or an office with words like lazy, stupid and bad, that is the behaviour which follows, but if you use words such as courage, helpfulness and flexibility, you are empowering those behaviours – whether in a child, an employee or a friend.

### 2. Recognize Teachable Moments

This is a way of viewing life as an opportunity for learning, recognizing the tests and challenges as opportunities to hone our virtues. In child rearing it is an approach to bringing out the best in children – their innate qualities of character.

### 3. Set Clear Boundaries

In all relationships, and particularly within the family, clear boundaries based on respect for each person are a strong preventative of violence and a builder of unity. The authority of the parent should not be in the service of dominance or people-pleasing. The authority of the parent is in service to the child's learning. Clear boundaries and clear expectations go together. When they are established in the context of virtues, they empower people to act on the best within them.

### 4. Honour the Spirit

This is an approach which involves accessing meaning and purpose by awakening and touching people's unique sense of the sacred. It is about giving us all a voice – including children – by listening to one another's stories and to our waking and sleeping dreams. It encourages each person to have some routine of reverence or reflection, to honour the mystical side of life, to value ceremony and personal ritual, to honour the expression of the human spirit through the arts. It is powerfully effective with even the most marginalized people and imparts hope where there was no hope.

### 5. Offer the Art of Spiritual Companionship™

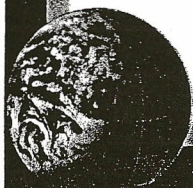
This is a skill and an art to be used in families and by caregivers and counselors in times of grief or celebration, with the dying and their families, to help children and adults to make moral choices. It involves being deeply present, asking clarifying questions, and drawing out a person's own truth in a context of virtues.

- ☐ Assertiveness
- ☐ Caring
- ☐ Cleanliness
- ☐ Compassion
- ☐ Confidence
- ☐ Consideration
- ☐ Courage
- ☐ Courtesy
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- ☐ Tact
- ☐ Thankfulness
- ☐ Tolerance
- ☐ Trust
- ☐ Trustworthiness
- ☐ Truthfulness
- ☐ Unity

# INTERACTIVE INTRODUCTIONS

*Choose a partner to "interview" using the following questions. Then your partner will interview you using the same questions.*

1. What attracted you to this workshop?
2. What do you consider your core virtue; one you have well developed?
3. In what virtue do you feel especially challenged?
4. Virtues Acknowledgment. Interviewer, please give your partner a virtues acknowledgment by telling them a virtue you notice in them and specifically how you see it. "I want to acknowledge you for the virtue of — and the way you show it is \_\_\_\_\_."





# SPEAK THE LANGUAGE OF THE VIRTUES

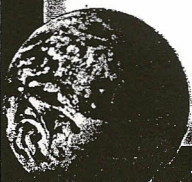
## HOW TO GIVE A VIRTUES ACKNOWLEDGMENT

### The 3 elements

OPENING PHRASE	VIRTUE	SITUATION
I see your	kindness	in helping your sister.
I honor you for your	kindness	in the way you helped your sister.
I acknowledge you for your	kindness	in the way you helped your sister.
That took a lot of	kindness	to help your sister when you were busy.
It was	kind of you	to help your sister.
You were being	kind	when you helped your sister.
Thank you for	being kind	when you turned down the music.

## HOW TO GIVE A VIRTUES INSTRUCTION or CORRECTION

OPENING PHRASE	VIRTUE	SITUATION
You need to be	patient	while you wait for dinner.
Please be	kind	to your sister.
What would help you to be	peaceful	with your sister now?
I need some	consideration.	Please turn down the music.
How can I support you to be	self-disciplined	about remembering your homework?
Be	obedient	now.



# VIRTUES PROJECT™

## WORKSHOP EVALUATION

1. The most important thing I learned in this workshop was

2. What I most appreciated in this workshop was

3. What I most appreciated about the presenter(s)

4. One idea I will put into action immediately is

5. I would have liked more of

6. I would have liked less of

7. What needed improvement was

8. In am interested in future workshops Yes No  
Suggested topic

9. Other comments:

