

ACTIVITY 6

Write down your list of personal virtues.



Alternative: Give them the following list and ask them to make a selection of all that they believe are their virtues:

- 1. Honest:** Being truthful and sincere in all interactions, avoiding deceit or deception.
- 2. Integrity:** Acting with strong moral principles and consistently adhering to one's values and beliefs.
- 3. Compassion:** Showing empathy and concern for the suffering or hardships of others, and actively seeking to alleviate their pain.
- 4. Empathy:** Understanding and sharing the feelings and perspectives of others, and responding with sensitivity and understanding.
- 5. Courage:** Facing challenges, adversity, or danger with bravery and fortitude, despite fear or uncertainty.
- 6. Perseverance:** Persisting in the pursuit of goals or objectives, even in the face of obstacles or setbacks.
- 7. Humility:** Having a modest and unpretentious attitude, and being open to learning from others.
- 8. Kindness:** Demonstrating warmth, generosity, and benevolence towards others, and seeking to make a positive impact in their lives.
- 9. Generosity:** Sharing resources, time, or talents freely with others, without expecting anything in return.
- 10. Patience:** Maintaining a calm and tolerant demeanor, and accepting delays or difficulties without becoming annoyed or anxious.

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11. **Gratitude:** Recognizing and appreciating the blessings, kindnesses, and opportunities in one's life, and expressing thanks accordingly.

12. **Forgiveness:** Letting go of resentment, bitterness, or anger towards those who have wronged us, and seeking reconciliation or closure.

13. **Respect:** Treating others with courtesy, dignity, and consideration, regardless of their background or beliefs.

14. **Self-discipline:** Exercising control over one's impulses, emotions, and behaviors, and staying focused on long-term goals.

15. **Loyalty:** Remaining steadfast and faithful to commitments, relationships, or obligations, even in difficult circumstances.

16. **Open-mindedness:** Being receptive to new ideas, perspectives, and experiences, and willing to consider alternative viewpoints.

17. **Responsibility:** Taking ownership of one's actions, decisions, and obligations, and fulfilling them to the best of one's ability.

18. **Authenticity:** Being genuine and true to oneself, and living in accordance with one's values, beliefs, and identity.

19. **Wisdom:** Having insight, discernment, and good judgment in navigating life's complexities and making sound decisions.

20. **Resilience:** Bouncing back from adversity, hardship, or setbacks, and adapting positively to challenges or changes.