

February Virtue Lessons

Gentleness

Gentleness is moving wisely, touching softly, holding carefully, speaking quietly and thinking kindly. When you feel mad or hurt, use your self-control. Instead of harming someone, talk things out peacefully. You are making the world a safer, gentler place.

You are practicing Gentleness when you...

- Make it safe for people and animals to be around you
- Touch carefully
- Speak with a soft voice
- Express your feelings peacefully
- Take time out when you don't feel gentle
- Think gentle thoughts that make you smile inside

Affirmation

I am gentle. I think, speak and act with gentleness. I show care for people and for everything I touch

Mercy

Mercy is blessing others with our compassion and forgiveness. It is extending our tenderness beyond what is just or deserved. Mercy does not demand retribution

You are practicing mercy when you.

- Ease the pain of those around you without need for acknowledgement
- Give the gift of tenderness
- Give people more chances
- Bless people with compassion

Affirmation

I am Merciful. I forgive with compassion, and extend tenderness to those around me.

Self-Discipline

Self-discipline means self-control. It is doing what you really want to do, rather than being tossed around by your feelings like a leaf in the wind. You act instead of react. You get things done in an orderly and efficient way. With self-discipline, you take charge of yourself.

You are practicing Self-Discipline when you...

- Use detachment so your emotions won't control you
- Speak and act calmly when you are hurt or angry
- Create routines that bring peace and order to your day
- Practice moderation
- Do what is expected without anyone watching over you
- Do things on time

Affirmation

I have self-discipline. I use my time well and get things done.

I choose my actions with detachment.

Assertiveness

Being assertive means being positive and confident. You are aware that you are a worthy person with your own special gifts. You think for yourself and express your own ideas. You know what you stand for and what you won't stand for. You expect respect.

You are practicing assertiveness when you...

- Share your own ideas and feelings
- Tactfully tell others what you really think
- Don't allow others to lead you to trouble
- Avoid being aggressive or passive
- Ask for what you want and need
- Expect respect at all times

Affirmation

I am assertive. I freely express my own ideas. I think for myself and do what I feel is right. I am my own leader.