

January Virtue Lessons 2019

Idealism-1/9

When you have ideals, you really care about what is right and meaningful in life.

You follow your beliefs. You don't just accept things the way they are. You make a difference. Idealists dare to have big dreams and then act as if they are possible.

You are practicing idealism when you are...

- Really care about what you value in life

- Dare to have big dreams

- Have a vision of what is possible

- Have a plan to make your ideals real

- Take action to make your dreams come true

- Do something to make a difference in the world

Affirmation

I live by my ideals. I believe in my dreams.

I have faith that anything is possible.

Honor- 1/16

Honor is living by the virtues, showing great respect for yourself, other people, and the rules you live by.

When you are honorable, you keep your word. You do the right thing regardless of what others are doing.

Honor is a path of integrity.

You are practicing Honor when you....

- Guide your life by virtues

- Can be trusted to keep your promise

- Avoid doing things that make you feel ashamed

- Respect the rules you want to live by

- Do what you believe is right no matter what

- Set a good example for others

Affirmation

I am honorable.

I keep my agreements and treat others with respect. I care about doing the right thing.

Tolerance- 1/23

Being tolerant is accepting differences. You don't expect others to think, look, speak or act just like you. You are free of prejudice, knowing that all people have feelings, needs, hopes and dreams. Tolerance is also accepting things you wish were different with patience and flexibility.

You are practicing Tolerance when you:

- Build unity with others who are different from you

- Are free of prejudice

- Make others feel included by reaching out in friendliness

- Don't complain about things that cannot be changed

- Change yourself instead of trying to change others

- Accept people the way they are, faults and all

Affirmation

I am tolerant. I appreciate differences. I overlook people's faults.

I accept the things I cannot change with good grace.

Justice 1/30

Practicing justice is being fair. It is solving problems so everyone wins. You don't prejudge. You see people as individuals. You don't accept it when someone acts like a bully, cheats or lies. Being a champion for justice takes courage. Sometimes when you stand for justice, you stand alone.

You are practicing Justice when you:

- Treat everyone fairly

- Think for yourself and refuse to prejudge

- Avoid gossip and backbiting

- Own your mistakes and fix them

- Protect people's rights, including your own

- Solve problems so everyone wins

Affirmation

I act with justice. I stand up for the rights of others and myself. I have no need to pretend or defend. I choose to make amends.