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**List of Virtues**

* Inner Toughness
	+ Self-Discipline: the ability to discipline and train oneself, especially for improvement
	+ Responsibility: to be held accountable for behavior, good and bad
	+ Self-control: the ability to govern ourselves
	+ Perseverance: the will to see things through to the end
	+ Hard Work: always applying your personal best to what you do
	+ Moderation: avoidance of extremes or excesses
* How to Treat Others (and Yourself!)
	+ Respect: to recognize that someone is important and needs to be treated well; in a Christian sense, to treat others with consideration because everyone is a child of God
	+ Patience: the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset
	+ Compassion: standing with others in their success
	+ Friendship: a state of enduring affection, esteem, and trust between two people
	+ Loyalty: steadfastness in fidelity to a person or cause, organization or enterprise
	+ Love: Did you know there are eight Greek words for love? We focus on Agape love – selfless love for your neighbor.
* Character Traits to Develop
	+ Humility: the ability to recognize our faults and avoid prideful thinking
	+ Honesty: being truthful and sincere
	+ Wisdom: good judgement
	+ Positive Attitude: choosing to be positive, no matter the circumstance
	+ Integrity: doing the right thing when nobody is looking
	+ Gratitude: being thankful for the benefits received
* The Seven Christian or “Heavenly” Virtues
	+ The Three Theological Virtues
		- **Hope:** We desire the kingdom of heaven as our happiness. On earth, we believe that by placing our trust in God we will receive the grace of the Holy Ghost.
		- **Charity:** We love God above all things for his own sake, and our neighbor as ourselves for the love of God.
		- **Faith:** We believe in God and believe all that He has said and revealed to us.
	+ The Four Cardinal Virtues (originally defined by Aristotle)
		- **Prudence:** The use of reason to find the good in a situation and find the means of achieving it
		- **Temperance:** Moderation in the attraction of pleasures; the will’s mastery over instinct
		- **Fortitude:** Firmness in difficulties and constancy in the pursuit of the good
		- **Justice:** Give your due to God and neighbor. In relation to God, this is “justice of religion.” In relation to your neighbor, this is respecting the rights of others and promoting the common good.