



Exploring Virtues

Part 1

It is far too easy to be self critical. Let's take a moment to reflect and celebrate who we really are.

Every one of us has virtues and character strengths. Take a moment to review the list of virtues and identify one that resonates for you. This might be a virtue that has been with you for a very long time, or it might be a recent virtue that you have developed through intention and practice.

1. Choose one virtue and write it down (see next page for list of virtues).
2. What could be a metaphor for this virtue? What image/icon could you use to represent this strength?

For example, if your chosen virtue is Curiosity, you could think of a magnifying glass, because you're skilled at slowing down and carefully looking at things.

3. Once you have an image in mind, make a simple sketch of it.
4. Think about how you might add this to your inner critic. How might you use this virtue to work together with your critic?

Part 2

It is important to remember that the world is filled with really spectacular people.

We are social creatures and learn from each other. It is also important to see and appreciate the virtues in others.

1. Take a moment to think about someone you really admire. This could be a friend, a child, a colleague, an acquaintance, or even someone famous...What defining virtue comes to mind?
2. Now, find an object in your surroundings that metaphorically represents that virtue in your chosen person.
3. Take a photo, write an explanation, and share. Let's celebrate all the good people that surround us and support us to be better versions of ourselves.

Here is a list of virtues to consider

assertiveness	friendliness	orderliness
caring	generosity	patience
cleanliness	gentleness	peacefulness
commitment	gratefulness	perseverance
compassion	helpfulness	purposefulness
confidence	honesty	reliability
consideration	honor	respect
cooperation	humility	responsibility
courage	humor	self-discipline
courtesy	idealism	service
creativity	integrity	tact
detachment	joyfulness	thankfulness
determination	justice	tolerance
diligence	kindness	trust
enthusiasm	love	trustworthiness
excellence	loyalty	truthfulness
flexibility	moderation	understanding
forgiveness	modesty	unifying