

## April Virtue Lessons

### Courage

Courage is bravery in the face of fear. You do the right thing even when it is hard or scary. When you are courageous, you don't give up. You try new things. You admit mistakes. Courage is the strength in your heart.

You are practicing courage when you...

1. Stay strong even when you are afraid
2. Are willing to try new things
3. Admit mistakes and learn from them
4. Make amends when you do something wrong
5. Do what is right for you even when it is hard
6. Ask for help when you need it

### Affirmation

*I have courage. I listen to my heart. I face my fears and am willing to try new things. I have the courage to do the right thing.*

### Peacefulness

Peacefulness is being calm inside. Take time for daily reflection and gratitude. Solve conflicts so everyone wins. Be a peacemaker. Peace is giving up the love of power for the power of love. Peace in the world begins with peace in your heart.

You are practicing peacefulness when you...

1. Create inner peace with daily reflection or prayer
2. Use peaceful language even when you are angry
3. Speak gently and respectfully
4. Avoid harming anyone
5. Appreciate differences
6. Find peaceful solutions to every problem

### Affirmation

*I am peaceful. I use peaceful words and find fair solutions when differences arise. I find my inner peace and let it carry me through the day.*

### Reliability

Reliability means that others can depend on you. You keep your commitments and give your best to every job. You are responsible. You don't forget and you don't need to be reminded. Other people can relax knowing things are in your reliable hands.

You are practicing reliability when you....

- Make promises you can keep
- Really care about doing what you promise
- Return things you borrow
- Plan ahead
- Do your best and finish on time
- Find another way if obstacles occur

### Affirmation

*I am reliable. I keep my promises  
Others can depend on me. Nothing can stop me from giving my best.*

### **Confidence**

Confidence is having faith in someone. Self-confidence is trusting that you have what it takes to handle whatever happens. You feel sure of yourself and enjoy trying new things, without letting doubts or fears hold you back. When you have confidence in others, you rely on them.

You are practicing Confidence when you.....

- Know you are worthwhile and feel sure of yourself
- Don't let fear, doubt, or worry stop you
- Discover your talents and try new things
- Learn from your mistakes
- Think positively
- Trust that all things work together for good

### **Affirmation**

***I am confident. I appreciate my gifts and give my best, I enjoy trying new things. I welcome new possibilities.***