

# Virtues of the Month-October

## Unity

Unity helps us work and live together peacefully. We feel connected with each other and all living things. We value the specialness of each person as a gift, not as a reason to fight or be scared. With unity we accomplish more together than any one of us could alone.

You are practicing Unity when you...

- Treat all people as members of one human family
- See the gifts in differences
- Refuse to join in when others express prejudice
- Solve conflict through listening and finding solutions
- Care for the earth and all living things
- Act like a peacemaker wherever you go

## Affirmation

***I practice unity with others. The joy of one is the joy of all. The hurt of one is the hurt of all. The honor of one is the honor of all.***

## Consideration

Consideration is being thoughtful of others people and their feelings. You consider ho your actions affect them. You pay careful attention to what others like and don't like, and do things that give them happiness.

You are practicing consideration when you...

- ❖ Respect other people's needs and feelings
- ❖ Consider others' needs as important as your own
- ❖ Stop and think how your actions will affect people
- ❖ Put yourself in other peoples" shoes
- ❖ Give tender attention
- ❖ Think of little things to bring others happiness*I am considerate of others. I stop and think about how my actions affect them. I do thoughtful things for people.*

## **Kindness**

Kindness is showing you care, doing some good to make life better for others. Be thoughtful about people's needs. Show love and compassion to someone who is sad or needs your help. When you are tempted to be cruel, to criticize or tease, decide to be kind instead.

You are practicing kindness when you...

- ❖ Give tender attention to those who need help
- ❖ Do thoughtful things to give others happiness
- ❖ Practice habits that help the environment
- ❖ Resist the temptation to be cruel
- ❖ Accept people who are different

### **Affirmation**

***I am kind. I show compassion to others. I have the courage to show that I care.***

## **Trustworthiness**

Trustworthiness is being worthy of trust. People can count on you to do your best, to keep your word and to follow through on your commitments. You do what you say you will do. Trustworthiness is a key to success in anything you do.

You are practicing Trustworthiness when you....

- ❖ Think before you make a promise to be sure you can do it
- ❖ Take responsibility for remembering your commitments
- ❖ Keep your promises even when they become hard to do
- ❖ Abide by the rules even when no one is watching
- ❖ Let nothing stop you from keeping your word
- ❖ Do your best and finish what you start

### **Affirmation**

***I am trustworthy. I keep my word. I am worthy of the trust others place in me.***

## **Forgiveness**

Being forgiving is giving someone another chance after they have done something wrong. Everyone makes mistakes. Instead of revenge, make amends. Forgive yourself too. Instead of feeling hopeless after a mistake, decide to act differently, and have faith that you can change.

You are practicing Forgiveness when you ...

- ❖ Remember that everyone makes mistakes

- ❖ Share your feelings without taking revenge
- ❖ Stop giving uncaring people the chance to hurt you
- ❖ Accept people without judgment or criticism
- ❖ Take responsibility for your own mistakes
- ❖ Make amends instead of punishing yourself with guilt

**Affirmation**

**I am forgiving of others and myself. I am willing to give and receive amends. I learn from my mistakes. I have the power to keep changing for the better.**