

Virtues of the Month-March

Assertiveness

Being assertive means being positive and confident. You are aware that you are a worthy person with your own special gifts. You think for yourself and express your own ideas. You know what you stand for and what you won't stand for. You expect respect.

You are practicing assertiveness when you...

- Share your own ideas and feelings
- Tactfully tell others what you really think
- Don't allow others to lead you to trouble
- Avoid being aggressive or passive
- Ask for what you want and need
- Expect respect at all times

Affirmation

I am assertive. I freely express my own ideas. I think for myself and do what I feel is right. I am my own leader.

Integrity

Integrity is living by your highest values. It is being honest and sincere. Integrity helps you to listen to your conscience, to do the right thing, and to tell the truth. You act with integrity when your words and actions match. Integrity gives you self-respect and a peaceful heart.

You are practicing integrity when you ...

- Think about what virtues matter to you
- Stand up for what you believe in
- Do the right thing even when it is hard
- Willingly clean up your mistakes
- Think for yourself and avoid temptation

Affirmation

I have integrity. I stand up for what is right. I mean what I say and say what I mean. I am my own leader.

Purposefulness

Being purposeful is having a clear focus. Begin with a vision for what you want to accomplish, and concentrate on your goals. Do one thing at a time, without scattering your energies. Some people let things happen. When you are purposeful, you make things happen.

You are practicing purposefulness when you...

- Have a clear vision of what you want to accomplish
- Know why you are doing it
- Focus on a goal
- Get back on purpose if you get scattered or distracted
- Do things one at a time and finish what you start
- Persevere until you get results.

Affirmation

I am purposeful. I am clear about what I am doing and why. I stay focused on my goals. I know I can accomplish great things.

Caring

Caring is giving love and attention to people and things that matter to you. When you care about people, you help them, You do a careful job, giving your very best effort. You treat people and things gently and respectfully. Caring makes the world a safer place.

You are practicing caring when you...

- Show care for others, yourself and the earth
- Look at people and listen closely
- Handle things carefully
- Are gentle with people and things placed in your care
- Treat your body with respect
- Work with enthusiasm and excellence

Affirmation

I care for others and myself. I pay loving attention. I give my best to every job.