

# **Virtue Lessons for November**

## **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.***

## **Service**

Service is giving to others, making a difference in their lives. You consider their needs as important as your own. Be helpful without waiting to be asked. Do every job with excellence. When you act with a spirit of service, you can change the world.

You are practicing service when you...

- ❖ Want to make a difference in the world
- ❖ Look for opportunities to be of service to others
- ❖ Do thoughtful things to help your family and friends
- ❖ Work with enthusiasm
- ❖ Don't wait to be asked when something needs doing
- ❖ Do your part to care for the earth: recycle, reduce and re-use

### **Affirmation**

***I am a person of service. I have compassion for those who need help. I do my part to make a better world.***

## **Thankfulness**

Thankfulness is being grateful for what we have. It is an attitude of gratitude for learning, loving and being. Appreciate the little things that happen around you and within you every day. Think positively. Thankfulness brings contentment.

You are practicing Thankfulness when you...

- ❖ Are thankful for the gifts of life
- ❖ Appreciate your own abilities instead of envying others
- ❖ See the difficulties of life as opportunities to learn
- ❖ Enjoy your sense of wonder about the beauty in the world
- ❖ Are willing to receive what others want to give
- ❖ Count your blessings every day

### **Affirmation**

***I am thankful for the many gifts within me and around me today. I appreciate my life. I look for the lessons. I expect the best.***

## **Loyalty**

Loyalty is staying true to someone. It is standing up for something you believe in without wavering. It is being faithful to your family, country, school, friends or ideals, when the going get tough as well as when things are good. With loyalty, you build relationships that last forever.

You are practicing loyalty when you

- ❖ Stand up for people and ideas you believe in
- ❖ Choose your friends wisely
- ❖ Are a faithful friend through good times and bad
- ❖ Don't allow loyalty to lead you into trouble
- ❖ Don't let others come between you and your friends
- ❖ Are loyal to yourself

### **Affirmation**

***I am loyal to the people and ideas I care about. I stand by my friends and loved ones. I keep my commitments.***