

DECEMBER VIRTUES OF THE MONTH

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.

Compassion

Compassion is understanding and caring when someone is hurt or troubled, even if you don't know them. It is wanting to help, even if all you can do is listen and say kind words. You forgive mistakes. You are a friend when someone needs a friend.

You are practicing compassion when you...

- ❖ Notice when someone is hurt or needs a friend
- ❖ Imagine how they must be feeling
- ❖ Take time to show that you care
- ❖ Ask how they are and listen patiently
- ❖ Forgive others when they make mistakes
- ❖ Are helpful to a person or animal in need

Affirmation

I have compassion. I notice when someone is hurt or needs my help. I take time to show that I care.

Generosity

Generosity is giving and sharing. You share freely, not with the idea of receiving something in return. You find ways to give others happiness, and give just for the joy of giving. Generosity is one of the best ways to show love and friendship.

You are practicing Generosity when you...

- Are thoughtful of the needs of others
- Notice when someone needs help
- Give freely without expectation of reward
- Give fully without holding back
- Are willing to make sacrifices for others
- Use wisdom about sharing treasured belongings

Affirmation

I am generous. I look for opportunities to give and to share. I take time to be thoughtful. I give freely, fully, and joyfully.