

Bring out the best in your children and yourself

100 Virtues: The Gifts of Character

Acceptance	Diligence	Idealism	Resilience
Accountability	Discernment	Independence	Respect
Appreciation	Empathy	Initiative	Responsibility
Assertiveness	Endurance	Integrity	Reverence
Awe	Enthusiasm	Joyfulness	Righteousness
Beauty	Excellence	Justice	Sacrifice
Caring	Fairness	Kindness	Self-discipline
Certitude	Faith	Love	Serenity
Charity	Faithfulness	Loyalty	Service
Cheerfulness	Fidelity	Mercy	Simplicity
Cleanliness	Flexibility	Mindfulness	Sincerity
Commitment	Forbearance	Moderation	Steadfastness
Compassion	Forgiveness	Modesty	Strength
Confidence	Fortitude	Nobility	Tact
Consideration	Friendliness	Openness	Thankfulness
Contentment	Generosity	Optimism	Thoughtfulness
Cooperation	Gentleness	Orderliness	Tolerance
Courage	Grace	Patience	Trust
Courtesy	Gratitude	Peacefulness	Trustworthiness
Creativity	Helpfulness	Perceptiveness	Truthfulness
Decisiveness	Honesty	Perseverance	Understanding
Detachment	Honor	Prayerfulness	Unity
Determination	Hope	Purity	Wisdom
Devotion	Humanity	Purposefulness	Wonder
Dignity	Humility	Reliability	Zeal

Joseph Michael
PARENT COACH

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52 Virtues: The Gifts of Character

Assertiveness	Forgiveness	Orderliness
Caring	Friendliness	Patience
Cleanliness	Generosity	Peacefulness
Commitment	Gentleness	Perseverance
Compassion	Helpfulness	Purposefulness
Confidence	Honesty	Reliability
Consideration	Honor	Respect
Cooperation	Humility	Responsibility
Courage	Idealism	Self-discipline
Courtesy	Integrity	Service
Creativity	Joyfulness	Tact
Detachment	Justice	Thankfulness
Determination	Kindness	Tolerance
Diligence	Love	Trust
Enthusiasm	Loyalty	Trustworthiness
Excellence	Moderation	Truthfulness
Flexibility	Modesty	Understanding
		Unity