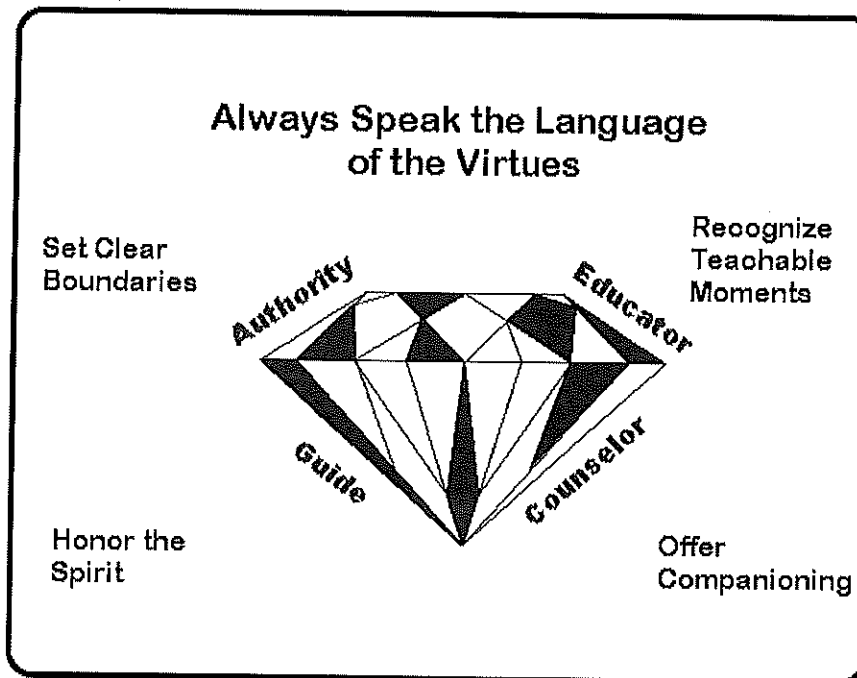




THE VIRTUES PROJECT™
Bringing Virtues to Life

The Power of Positive Language For Strengthening Our Families & Growing Great Kids



“It is easier to build strong children than to repair broken men.”
~ Frederick Douglass

Facilitated by
Dara Feldman
Dara@DaraFeldman.com
www.darafeldman.com
www.virtuesmatter.com
301-529-1302



GEMS I WANT TO REMEMBER...



- Oprah said of The Family Virtues Guide, "It's the instruction manual our kids didn't come with."
- Visit www.virtuesmatter.com to get update on the new virtues cards app.
- Email Scott at vtoons@theVchannel.com to request your copy of the Disney V Toons.





Virtues: The Gifts of Character

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

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The Virtues Project™



Bringing Virtues to Life

www.virtuesmatter.com



THE FIVE STRATEGIES

The Five Strategies of The Virtues Project™ inspire individuals to live more authentic, joyful lives, families to raise children of compassion and integrity, educators to create safe, caring and high performing learning communities, and leaders to inspire excellence and ethics in the workplace.



1. Speak the Language of Virtues

Language has the power to inspire or to discourage. Using virtues to acknowledge, guide, correct and thank awakens the best within us.

What are your strength virtues? What are your growth virtues?



2. Recognize Teachable Moments

Recognizing the virtues needed in daily challenges helps us to become lifelong learners open to the lessons of character.

What lessons are you learning at this time in your life?



3. Set Clear Boundaries

Boundaries based on respect and restorative justice create a climate of peace, cooperation and safety in our homes, schools and communities.

What boundaries do you have? What boundaries do you need?



4. Honor the Spirit

We sustain our vision and purpose by integrating virtues into our activities, surroundings, celebrations and the arts.

How do you honor your personal spirit and the spirit of your group?



5. Offer Companionship

Being deeply present and listening with compassionate curiosity guides others to find clarity and to create their own solutions.

How well do you listen to others, to yourself? What really needs to be heard?



HOW TO SPEAK THE LANGUAGE OF VIRTUES



THERE ARE USUALLY THREE ELEMENTS OF A VIRTUES STATEMENT:

- 1) an opening phrase
- 2) a virtue
- 3) how the virtue is being shown or needs to be shown.

----TO ACKNOWLEDGE AND THANK---

When you see someone demonstrating a virtue, especially a growth virtue.

I acknowledge your	<i>determination</i>	in completing this huge task.
It was	<i>generous</i>	of you to buy this gift.
I honor your	<i>reliability</i>	being on time everyday.
You demonstrated great	<i>courage</i>	giving your presentation to the class.
Thank you for your	<i>flexibility</i>	leaving the house early with me today.

----TO GUIDE--

When you are inviting someone to call on a virtue.

Please be more	<i>diligent</i>	in completing your homework.
We need to be	<i>respectful</i>	when listening to what each person says.
Who will be	<i>courageous</i>	and volunteer to tackle this project?
I encourage you to be	<i>honest</i>	and tell me what is on your mind.
I appreciate your	<i>patience</i>	waiting until everyone sits down to eat.

---TO CORRECT--

After there has been a mistaken behavior & you are bringing someone back to a virtue.

Please be	<i>reliable</i>	and come to home on time.
Remember to be	<i>responsible</i>	and put away your own laundry.
What would help you be	<i>purposeful</i>	and complete this task?
There needs to be	<i>justice</i>	What would be fair to both of you?
Please be	<i>orderly</i>	and put things back after using them.

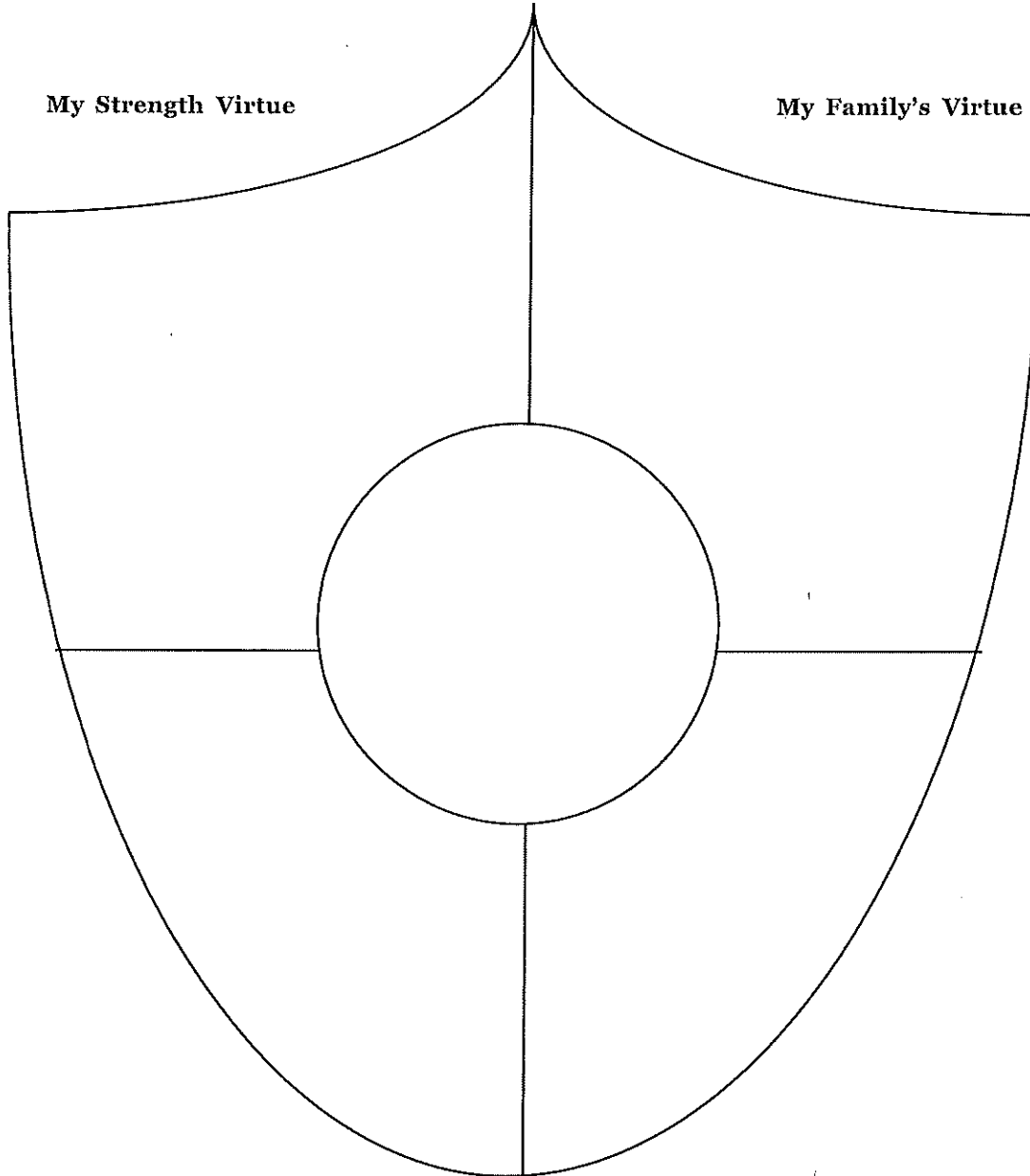
Write your own virtues statement below. Check to see that it has all 3 elements.



Personal Virtues Coat of Arms

My Strength Virtue

My Family's Virtue



What Gives Me Joy

My Growth Virtue

Symbol of Self
in the Circle



When You Thought I Wasn't Looking

by Mary Rita Schilke Korzan



When you thought I wasn't looking
You hung my first painting on the refrigerator
And I wanted to paint another.

When you thought I wasn't looking
You fed a stray cat
And I thought it was good to be kind to animals.

When you thought I wasn't looking
You baked a birthday cake just for me
And I knew that little things were special things.

When you thought I wasn't looking
You kissed me good-night
And I felt loved.

When you thought I wasn't looking
I saw tears come from your eyes
And I learned that sometimes things hurt— But that it's all right to cry.

When you thought I wasn't looking
You smiled
And it made me want to look that pretty too.

When you thought I wasn't looking
You cared
And I wanted to be everything I could be.

When you thought I wasn't looking— I looked . . .
And wanted to say thanks
For all those things you did
When you thought I wasn't looking

