



## Family Virtues Cards

Reminders of the Good Within as Reflected in Wisdom of the First Nations

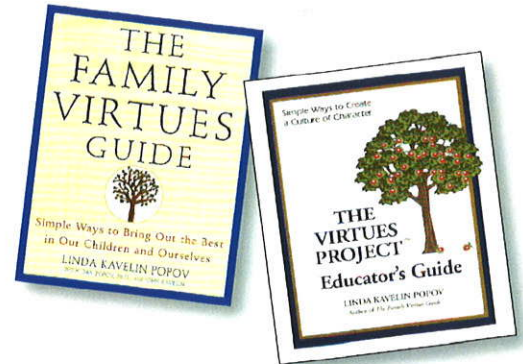


THE VIRTUES PROJECT™

Visit The Virtues Project's website at:

[www.virtuesproject.com](http://www.virtuesproject.com)

- \* View a catalogue of virtues books and materials for all ages
- \* Order from our on-line Virtues Shop
- \* Obtain a schedule of presentations and workshops
- \* Locate a Virtues Project facilitator near you



## The Five Strategies of The Virtues Project™

The Virtues Strategies help us to live more reverent, purposeful lives, to raise children of compassion and idealism, and create a culture of character in our families, schools, and workplaces. In Faith communities, they help us bring our beliefs to life.

### Speak the Language of Virtues

Language has the power to discourage or inspire. Using virtues to acknowledge, guide, correct, and thank awakens the best within us. It honors the dignity of every person.

### Recognize Teachable Moments

Recognizing the virtues needed in daily challenges helps us to become life-long learners open to the lessons of character. We view our tests as opportunities for spiritual growth.

### Set Clear Boundaries

Setting boundaries based on restorative justice help to create a peaceful climate of cooperation in our homes, schools and workplaces. They protect our time, energy and health.

### Honor the Spirit

Integrating virtues into our activities, surroundings, celebrations and the arts helps us to sustain our vision and purpose. We have a daily routine of reverence to pray, reflect, and serve.

### Offer Spiritual Companionship



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## Family Virtues Cards

Reminders of the Gifts Within

Virtues are the content of our character, qualities of the human spirit, attributes of the Divine, and the best that humanity has to offer.

### Each of the Virtues Cards has:

- A Quotation from The Wisdom of the Elders
- A Description of the Virtue
- Signs of Success and
- An Affirmation

### DO A VIRTUES PICK

A Virtues Pick is a simple yet powerful tool to use in your family, a sharing circle, a classroom or in your own daily reflection to deepen your awareness of the fruits of your spirit.

*Instructions for how to do a Virtues Pick are included*

Created in Canada



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