

# VIRTUOUS CHARACTER

NAME: \_\_\_\_\_ WEEK OF: \_\_\_\_\_

## VIRTUE

## ACTIONABLE FOCUS

**M T W T**  
**F S S**

### **Integrity**

Matching words with actions; doing what is right when unobserved.

### **Resilience**

Maintaining composure and effort during challenging transitions.

### **Humility**

Learning from others and acknowledging mistakes without defense.

### **Compassion**

Actively seeking to alleviate the burdens of those around you.

### **Diligent Focus**

Committing full attention to the present task until completion.

### **Gratitude**

Expressing verbal or written appreciation for small daily mercies.

Reflections:

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