

VIRTUES & ASSETS TO STRIVE FOR — DESCRIPTIONS & DEFINITIONS

In order of appearance on checklist.

Forgiveness: The process of ceasing to feel resentment, indignation or anger against another person for a perceived offense, difference or mistake, or ceasing to demand punishment or restitution. Disposition or willingness to forgive. Absolution, amnesty, excuse, pardon, remission.

Faith: Confidence or trust in a person or thing: faith in another's ability. Belief that is not based on proof. The obligation of loyalty or fidelity to a person, promise, engagement, etc. Belief, conviction, credence, fidelity, loyalty, obedience, reliance, steadfastness.

Acceptance: Refers to the experience of a situation without an intention to change that situation. The mental attitude that something is believable and should be accepted as true. The act of accepting with approval. Agreement, assent.

Unselfishness: Not selfish; disinterested; generous; altruistic. Disregarding your own advantages and welfare over those of others. Not greedy. Benevolent or big-hearted.

Honesty: The quality or fact of being honest; uprightness and fairness. Truthfulness, sincerity, or frankness. Freedom from deceit or fraud. Candor, decency, equity, fairness, fidelity, goodness, honor, integrity, justice, loyalty, sincerity, or uprightness.

Humility: The defining characteristic of an unpretentious and modest person. The state or quality of being humble; freedom from pride and arrogance; a modest estimate of one's own worth; a sense of one's own unworthiness through imperfection and sinfulness; humbleness. Someone who does not think that he or she is better or more important than others. Mildness, modesty, or reserve.

Simplicity: The state, quality, or an instance of being simple. Freedom from complexity, intricacy, or division into parts. Absence of affectation or pretense. Plainness, directness, modesty, alertness, or naturalness.

Trust: Reliance on the integrity, strength, ability, surety, etc., of a person or thing; confidence. Confident expectation of something; hope. confidence in the certainty of future payment for property or goods received. Assurance, believe, loyalty, and reliance.

Count on (Depend on): To rely; place trust. To rely for support, maintenance, help, etc.

Contentment: The state of being contented; satisfaction; ease of mind. Happiness with one's situation in life. Gratification; pleasure; satisfaction. Comfort, ease, gladness, or happiness.

Straightforward: Honorable, or upright, as conduct, dealings, methods, or persons. To do something without jokes, tricks, subterfuge, distortions, or the like. The personal character of displaying honesty or fairness. Open, direct, or frank.

Take Action: To start doing something. The process or state of acting or of being active. Something done or performed. An act that one consciously wills and that may be characterized by physical or mental activity. Movement, motion, operation. **Take**

preparations: The act or process of preparing. The state of having been made ready beforehand. Readiness.

Industrious: Work diligently. Hard-working, conscientious, devoted, and energetic. Active, ambitious, busy, diligent, dynamic, or eager.

Tolerance: A fair, objective, and permissive attitude toward those whose opinions, practices, race, religion, nationality, etc., differ from one's own. The act or capacity of enduring; endurance. Patience, forbearance; impartiality, or open-mindedness.

Open-minded: Having or showing a mind receptive to new ideas or arguments. Unprejudiced; unbigoted; impartial. Fair, flexible, just, objective, tolerant, or unbiased.

Hope: The feeling that what is wanted can be had or that events will turn out for the best. To look forward to with desire and reasonable confidence. Expectancy, longing, optimistic.

Encouragement: The act of encouraging: to inspire with courage, spirit, or confidence; to stimulate by assistance, approval, etc. Embolden, hearten, reassure.

Cheerful: Promoting a feeling of cheer. Being in good spirits. Reflecting willingness or good humor. Happy, lighthearted, glad, happy, festive, jolly, upbeat, or optimistic.

Optimistic: Expecting the best in this best of all possible worlds. Hopeful, confident, enthusiastic, expectant, happy, heartening, upbeat. **Optimist:** One who usually expects a favorable outcome.

Compassion: A feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering. Tenderness, understanding, merciful, and humane.

Forgiving: (see 'forgiveness' above). Charitable, compassionate, magnanimous, conciliatory, or merciful.

Moderation: Being within reasonable limits; not excessive or extreme. Avoidance of extremes of opinion, feeling, or personal conduct. Moderateness or temperance.

Balance: Mental steadiness or emotional stability; habit of calm behavior, judgment, etc. A state of equilibrium or equipoise; equal distribution of weight, amount, etc. Composure, coolness, imperturbability, nonchalance, or poise.

Generosity: Freedom from meanness or smallness of mind or character. A generous act. Nobility of thought or behavior. Kindly, charitable interest in others. The habit of giving; often equated with charity as a virtue, generosity is widely accepted in society as a desirable habit. Big-heartedness, unselfishness. Charity, heart, hospitality, kindness, unselfishness.

Respect: Esteem for or a sense of the worth or excellence of a person, a personal quality or ability. To refrain from intruding upon or interfering with. To show regard or consideration for. To admire, esteem, honor, recognition, value, or appreciate.

Dignity: Bearing, conduct, or speech indicative of self-respect or appreciation of the formality or gravity of an occasion or situation. Decorum, grace, poise, virtue, reputation.

Modesty: Avoiding attracting attention to oneself by moderating one's actions or appearance; downplaying one's accomplishments; avoiding insincere self-abasement through false or sham modesty, which is a form of boasting; avoiding the display of one's body and sexuality, especially in public. Unpretentious, plainness, or simplicity.

Capability: The quality of being capable: having power and ability. Efficient; competent, able, accomplished, adept, adequate, effective, efficient, experienced, fit, proficient, qualified, responsible, or skilled.

Assertive: Confidently aggressive or self-assured. It is linked to self-esteem and considered an important communication skill. Standing up for one's rights. Confident, decisive, insistent, pragmatic, sure.

Patient: Bearing or enduring pain, difficulty, provocation, or annoyance with calmness. Tolerant; understanding. Capable of calmly awaiting an outcome or result; not hasty or impulsive. A spiritual virtue. Composed, enduring, long-suffering, persistent, tireless, understanding.

Cooperate: To work or act together toward a common end or purpose. To work or act with another or other persons willingly and agreeably. Collaborate, agree, assist, concur, contribute, join, participate.

Grateful: A positive emotion or attitude in acknowledgment of a benefit that one has received or will receive. The state of being grateful. Thankful, appreciative, obliged, indebted, beholden.

Obliged: To place under a debt of gratitude for some benefit, favor, or service. An **obligation** is a requirement to take some course of action—it can be legal or moral. Indebted, accommodate, do a favor.

Promptness: Done, performed, delivered, etc., at once or without delay. Ready in action; quick to act as occasion demands. **Punctuality** is the characteristic of being able to complete a required task or fulfill an obligation before or at a previously-designated time. Alert, quick, being on time, punctual, or readiness.

Consistent: Constantly adhering to the same principles, course, form, etc. Agreeing or accordant; compatible; not self-contradictory. Constant, invariable, same, unchanging, unflinching, regular, persistent, steady, steadfast, or unflinching.

Look for the good: This changes our thinking and perspective: In people: making an effort to treat everyone as a whole person; to see something positive in the person. In a situation: A stress-coping skill to focus on the positive; look for humor. We find what we look for.

Discreet: Marked by, exercising, or showing prudence and wise self-restraint in speech and behavior. Free from ostentation or pretension. **Discretion** is the ability to make responsible decisions. Careful, cautious, civil, controlled, guarded, judicious, modest, polite, reasonable, reserved, sensible, wary.

Let go: Move on. Let go of control of unchangeables. Release over-responsibility. Become realistic about a situation. Free one's energy by surrendering. Release negative emotions. Not operating from ego—as a way to achieve serenity.

Uninvolved: Feeling or showing no interest or involvement. Showing lack of emotional involvement. Not inclining toward or actively taking either side in a matter under dispute. Unconcerned, detached, impartial, unbiased, uncommitted, or unprejudiced.

Self-acceptance: An acceptance of yourself as you are, warts and all. Separating the rating of you as a person from the rating of the behavior, possessions, titles, or character traits. Listening to one's heart. True self is realized with ego-deflation. Realizing that stumbling is a part of learning. Self-compassion and self-motivation.