

Overview of Virtues and Touchpoints

Virtue / Sub-Virtue	El Camino Definition	Secular Definition	Ways to Cultivate K-2; 3-5; 6-8 (Source: <i>Disciple of Christ: Educator Guide</i> )	Saints	Scripture	Prayer (Source: <i>Disciple of Christ: Educator Guide</i> )	Opposing Trait (Source: <i>Disciple of Christ: Educator Guide</i> )
Courage	Enables one to endure difficulties and pain for the sake of what is good. (Fortitude)	Doing what is right in the face of fear K-1 and finding the strength to persevere.2-3 and having a willingness to venture when unsure.4+	Choose to pursue good choices even when afraid.	<a href="#">Blessed Virgin Mary</a> <a href="#">St. Joseph (3/19)</a> <a href="#">St. Augustine (8/28)</a> <a href="#">St. Gregory VII (5/23)</a> <a href="#">St. Elizabeth of Portugal (7/5)</a> <a href="#">St. Katharine Drexel (3/3)</a> <a href="#">St. Ambrose (12/7)</a> <a href="#">Mother Cabrini (12/22)</a> <a href="#">St. Francis Xavier (12/3)</a>	<a href="#">Romans 8: 35-37</a> <a href="#">Psalm 118:14</a> <a href="#">John 16: 33</a> <a href="#">Matthew 5: 6</a> <a href="#">Isaiah 11:2</a> <a href="#">Luke 2: 48</a>	<p>Dear Jesus,</p> <p>Alone I am weak, but with You I can do all things. Give me the grace to be strong against temptations and bold in proclaiming You and Your Church on earth.</p>	<p>Refusal to suffer the necessary difficulties that doing the good entails. (Cowardice) Insensitivity or indifference to dangers that one should prudently avoid. (Fearlessness or recklessness) Go so far as to sustain a state of dejection in the face of goodness. (Sloth or acedia)</p>
			Resist temptations or poor choices.				
			Moderate emotions when facing complex and difficult situations.				
Justice	Enables one to give to each, beginning with God, what is due him.	Fairness.K-1 Giving to all what is owed to all,2-3 consistent with one’s dignity.4+	Treat all honorably and fairly.	<a href="#">St. Thomas Aquinas (11/13)</a> <a href="#">St. Martin de Porres (11/3)</a> <a href="#">St. Katharine Drexel (3/3)</a> <a href="#">St. Philomena (8/11)</a> <a href="#">St. Pope John Paul II (10/22)</a>	<a href="#">Colossians 4: 1</a> <a href="#">Leviticus 19: 25</a> <a href="#">Matthew 5:5</a> <a href="#">Luke 1:52</a> <a href="#">Matthew 5: 6-7</a>	<p>Dear God,</p> <p>You are the Author of all life, and I give You praise. Help me see and serve You in everyone I meet today.</p>	<p>Failing to see what is owed to each by virtue of his dignity.</p>
			Respect for the well-being of the entire community.				
			Respect human rights and promote equity.				
Wisdom	Enables one to reason and to act rightly in any given situation -- "right reason to action." (Prudence)	Making thoughtful choicesK-1 demonstrated in word and action2-3 with knowledge of the things that matter.4+	Ask and listen.	<a href="#">St. Thomas Aquinas (11/13)</a> <a href="#">Our Lady of Fatima (5/13)</a> <a href="#">St. Ignatius of Loyola (7/31)</a> <a href="#">St. Benedict of Macerac (10/22)</a> <a href="#">St. Dymphna (5/30)</a> <a href="#">St. Bernadette (4/16)</a>	<a href="#">Matthew 6: 22-23</a> <a href="#">Proverbs 14: 15</a> <a href="#">1 Peter 4: 7</a> <a href="#">Philippians 4: 8</a> <a href="#">Matthew 5: 7</a> <a href="#">John 2: 5</a> <a href="#">Proverbs 14: 8</a> <a href="#">Proverbs 15: 5</a> <a href="#">Ephesians 5: 15</a> <a href="#">Matthew 7: 24-29</a> <a href="#">Acts 6: 1-7</a>	<p>Dear Jesus,</p> <p>In my thoughts, words, and actions I can give You praise. Always grant me the grace to know the truth, to speak always what is right, and to follow You in all I do.</p>	<p>Seeking advice from those who agree with you, or asking moral advice from people who do not share your moral values. Acting without thinking. Failing to act upon a sound decision.</p>
			Pray and think.				
			Decide and act. Perfect "common sense" choices.				
<a href="#">Self-Control</a>	Joyful mastery over one’s passions and desires.	Actively monitors voice and bodyK-1 by considering their impact2-3 and exercising power over impulses.4+	Listen to others while they speak; do not interrupt. "I will raise my hand before I speak."	<a href="#">St. Perpetua (3/7)</a> <a href="#">St. Anthony of Egypt (1/17)</a> <a href="#">Bl. Charles de Foucauld (12/1)</a> <a href="#">St. Kateri Tekakwitha (7/14)</a> <a href="#">St. Gregory of Nazianzus (5/9)</a> <a href="#">St. Sophia (8/1)</a> <a href="#">St. Gianna Molla (4/28)</a> <a href="#">St. Florentina (8/28)</a>	<a href="#">1 Corinthians 9: 25</a> <a href="#">Proverbs 25: 28</a> <a href="#">Sirach 5: 2</a> <a href="#">Sirach 11: 8</a> <a href="#">Sirach 18: 30</a> <a href="#">Sirach 37: 27-31</a> <a href="#">Galatians 5: 22-23</a> <a href="#">Titus 2: 12</a> <a href="#">Matthew 15: 19</a> <a href="#">Ephesians 4: 29-32</a> <a href="#">1 John 3: 2</a> <a href="#">1 Timothy 4: 3-9</a> <a href="#">1 Timothy 1: 3-4</a> <a href="#">1 Timothy 2: 23-26</a> <a href="#">2 Timothy 1: 6-7</a> <a href="#">Philippians 3: 13-14</a>	<p>Heavenly Father,</p> <p>You surround me with good things. I ask for the grace to use Your gifts rightly, allowing You to control my desires for the things You put into my life.</p> <p>Dear Jesus,</p> <p>Thank You for all the desires You have given me, because they remind me of the desire in my heart that only You can fill! Help me to control my tongue when I am supposed to be silent; my hands when I am supposed to keep them to myself; my eyes when I am supposed to be focused on a particular person or thing; and my ears to listen to only those things I am supposed to hear.</p>	<p>Unreasonable and resistant to correction. Being excessive in words or actions, acting impulsively.</p>
			Control your reactions when you feel angry or frustrated.				
			Fast; restrain yourself from saying or doing everything you desire; practice restraint in words and actions.				

<p><a href="#">Kindness</a></p>	<p>Expressing genuine concern for the well-being of others and anticipating their needs.</p>	<p>Caring for each other in all we do and say. Kindness is finding the gentle way to work and play.</p>	<p>Talk to someone who seems sad. "Do you need any help?"</p> <p>Ask how someone is doing; respond to kindness by being kind in return.</p> <p>Practice speaking, thinking, and acting kindly even when the other person is not being kind to you.</p>	<p><a href="#">St. Aelred of Rievaulx (2/12)</a>  <a href="#">St. Veronica (7/12)</a>  <a href="#">St. Martin de Porres (11/3)</a>  <a href="#">St. Camillus de Lellis (7/18)</a></p>	<p><a href="#">Exodus 2:16-17</a>  <a href="#">Ruth 1: 16-18</a>  <a href="#">Isaiah 49: 15-16</a>  <a href="#">Matthew 10: 42</a>  <a href="#">Mark 14: 3-6</a>  <a href="#">Luke 4: 38-39</a>  <a href="#">Luke 10: 33-35</a>  <a href="#">John 2: 3-11</a></p>	<p>Dear Jesus,                  You are kindness itself. I desire to show charity towards my neighbor through my thoughts, words, and actions. When others meet me, let them meet YOU in me!</p>	<p>Not regarding the well-being of others, being cruel in looks, words, and actions.</p>
<p><a href="#">Orderliness</a></p>	<p>Keeping oneself physically clean and neat and one's belongings in good order.</p>	<p>Put things back after using them. "I will come after I put my toys away."</p> <p>Use a planner to keep track of your homework; clean up before your parents ask.</p> <p>Pick up after yourself; leave things in order; take pride in your appearance; use a planner to keep track of your responsibilities and appointments.</p>	<p><a href="#">St. Benedict (7/11)</a>  <a href="#">Bl. Humbert of Romans (7/14)</a>  <a href="#">St. Raymond of Peñafort (1/7)</a>  <a href="#">St. Albert the Great (11/15)</a></p>	<p><a href="#">Genesis 1: 1-27</a>  <a href="#">Exodus 40: 23</a>  <a href="#">Judith 10: 1-3</a>  <a href="#">Psalm 8</a>  <a href="#">Psalm 104</a>  <a href="#">Proverbs 9: 1-2</a>  <a href="#">Matthew 6: 16-18</a>  <a href="#">Luke 15: 8-9</a>  <a href="#">John 9: 6-7</a>  <a href="#">John 20: 6-7</a>  <a href="#">Ephesians 6: 14-17</a>  <a href="#">1 Timothy 3:5</a></p>	<p>Oh Infinite Beauty,                  In Your wisdom, You created all things with perfect order. Orderliness brings peace, beauty, harmony, and joy! Please help me to keep order in my own life so that I may respect those things You have entrusted to me. In particular, please assist me in keeping my appearance, room/locker, and workspace clean and neat.</p>	<p>Disorder with regard to one's space and physical appearance.</p>	
<p><a href="#">Gratitude</a></p>	<p>Thankful disposition of mind and heart.</p>	<p>Thankfulness for the gift of life and the gifts in life.</p>	<p>Smile at your mom after she cooks dinner. "Thank you!" "I am thankful for..."</p> <p>Write a thank you note; take into consideration the blessings in your life.</p> <p>Say thank you even for difficult or unwanted things (homework, cleaning your room, etc.); count the blessings in your life.</p>	<p><a href="#">Ven. Solanus Casey (7/31)</a>  <a href="#">St. Josephine Bakhita (2/8)</a>  <a href="#">St. Mary Magdalene (7/22)</a>  <a href="#">St. Augustine (8/28)</a></p>	<p><a href="#">Psalm 9: 1</a>  <a href="#">Luke 1: 46-55</a>  <a href="#">Luke 17: 11-19</a>  <a href="#">Luke 21: 1-4</a>  <a href="#">Luke 22: 14-20</a>  <a href="#">Colossians 2: 6-7</a>  <a href="#">1 Thessalonians 5: 18</a></p>	<p>Dear Jesus,                  Please give me a thankful heart, realizing that all I have comes from You.</p>	<p>Not expressing appreciation: taking other people and things for granted.</p>
<p>Empathy</p>	<p>Standing in another's shoes. Trying to understand another's thoughts and feelings.*                  *Explore empathy through the lens of affability.                  Disciples should be taught that empathy is developed through affability. <a href="#">Affability</a>: Being easy to approach and easy to talk to -- friendly.</p>	<p>Smile: greet people. "How are you doing?"</p> <p>Smile; acknowledge the presence of others; take time to listen to others.</p> <p>Smile; acknowledge the presence of others, both peers and adults; try to see Jesus in others.</p>	<p><a href="#">Bl. Pier-Giorgio Frassati (7/4)</a>  <a href="#">St. Francis of Assisi (10/4)</a>  <a href="#">Bl. Jordan of Saxony (2/13)</a>  <a href="#">St. Gabriel of the Sorrowsful Mother (7/4)</a></p>	<p><a href="#">Matthew 7: 12</a>  <a href="#">Matthew 18: 1-4</a>  <a href="#">Matthew 19: 13-14</a>  <a href="#">Mark 10: 16</a>  <a href="#">Mark 10: 21</a>  <a href="#">Luke 1: 39-42, 44</a>  <a href="#">Luke 19: 5</a>  <a href="#">Luke 24: 13-35</a>  <a href="#">John 4: 7</a>  <a href="#">1 Thessalonians 5: 11</a></p>	<p>Jesus, King of my heart,                  You were kind to the little children who came to You. Be my strength as I try to be good to all those I meet today.</p>	<p>Being mean, unkind, cruel, or unflattering.</p>	
<p><a href="#">Respect</a></p>	<p>Speaking and acting according to one's own and others' rights, status, and circumstances.</p>	<p>Choosing to treat others and self politely and kindly, in acknowledgement of dignity.</p>	<p>Listen and smile when asked to do something. "Yes, Mom." "Excuse me, Dad."</p> <p>Be respectful, in words and actions, towards people, places, and things.</p> <p>Be respectful, in words and actions, towards people, places, and things; avoid sarcasm.</p>	<p><a href="#">Bl. Anna Maria Taigi (6/9)</a>  <a href="#">St. Damien of Molokai (5/10)</a>  <a href="#">St. Frances of Rome (3/9)</a>  <a href="#">St. Catherine of Alexandria (11/25)</a></p>	<p><a href="#">Nehemiah 8: 5-6</a>  <a href="#">Psalm 139: 13-16</a>  <a href="#">John 3: 14-15</a>  <a href="#">John 19: 25-27</a>  <a href="#">John 20: 3-10</a>  <a href="#">Acts 14: 8-10</a>  <a href="#">Acts 15: 12</a>  <a href="#">Romans 12: 9-11</a>  <a href="#">Galatians 5: 25-26</a>  <a href="#">1 Thessalonians 5: 12-13</a>  <a href="#">1 Timothy 5: 1-2, 17</a></p>	<p>Dear Jesus,                  Help me to show reverence to people who are in authority over me as I would to You. And help me give all persons the honor they deserve as Your unique creations.</p>	<p>Resisting the directives of rightful authority.</p>

<p><a href="#">Responsibility</a></p>	<p>Fulfilling one's just duties; accepting the consequences of one's words and actions, intentional and unintentional.</p>	<p>Doing your part for the groups that make us whole.</p>	<p>Complete your tasks. "I have finished my homework." Be responsible for your homework, duties, etc.; admit when you are wrong or when you have done something wrong. Be accountable for decisions and actions at home, at school, and in personal relationships.</p>	<p><a href="#">St. Margaret of Scotland (11/16)</a> <a href="#">St. Lawrence (8/10)</a> <a href="#">St. Pius V (4/30)</a> <a href="#">St. Francis Xavier (12/3)</a> <a href="#">St. Angela Merici (1/27)</a></p>	<p><a href="#">Genesis 29: 1-3</a> <a href="#">Genesis 41: 46-49, 53-57</a> <a href="#">Psalm 128: 1-2</a> <a href="#">Luke 2: 51-52</a> <a href="#">Acts 10: 17-33</a> <a href="#">2 Corinthians 7: 1</a> <a href="#">Colossians 3: 23-24</a></p>	<p>Dear Jesus, Please help me to be faithful in all the duties You have entrusted to me this day, fulfilling each with great care and love!</p>	<p>Failing to accept responsibility for one's words and/or actions; being unreliable.</p>
<p>Diligence</p>	<p>Steady, earnest and energetic effort.* *Explore diligence through the lens of industriousness. Disciples should be taught that diligence is part of industriousness. <a href="#">Industriousness</a>: Work with diligence, especially in things that lead to natural and supernatural maturity.</p>		<p>Work to complete your duties. "Let me finish this first." Complete a task from start to finish; set small goals along the way. Work with effort, especially in things that lead to natural and supernatural maturity. (Industriousness)</p>	<p><a href="#">St. Cyril and St. Methodius (2/14)</a> <a href="#">St. Bede (5/25)</a> <a href="#">St. John Neumann (1/5)</a> <a href="#">St. Anthony Mary Claret (10/24)</a></p>	<p><a href="#">Nehemiah 4: 15-17</a> <a href="#">Luke 5: 15</a> <a href="#">Luke 6: 6-19</a> <a href="#">Colossians 3: 23-24</a> <a href="#">1 Thessalonians 2: 9</a></p>	<p>Heavenly Father, You have given me the gift of this day, the gift of this moment. Help me to use my time well. Give me the grace to do all for Your greater glory.</p>	<p>Giving in to a lack of motivation to complete one's responsibilities; being lazy.</p>
<p>Mercy</p>	<p>Choosing to respond with love, even when it's not easy.* *Explore mercy through the lens of the theological virtue of Charity. Disciples should be taught that mercy is an internal fruit of charity. Charity: Enables one to love as God Himself loves, to love God above all things and one's neighbor as oneself.</p>		<p>Loving with kindness. Responding with compassion. Offering forbearance to one who offends.</p>	<p><a href="#">St. Gregory the Great</a> <a href="#">St. John the Merciful</a> <a href="#">Mother Teresa</a> <a href="#">St. Faustina Kowalska (4/30)</a> <a href="#">St. Jude</a> <a href="#">St. Vincent de Paul</a> <a href="#">St. Anthony of Padua</a></p>	<p><a href="#">1 John 4: 19</a> <a href="#">Matthew 5: 9</a> <a href="#">Psalm 119: 103</a> <a href="#">Acts 1: 13-14</a></p>	<p>O my God, I love You above all things with my whole heart and soul because You are all good and worthy of my love. I love my neighbor as myself for the love of You. I forgive all who have injured me and ask pardon of all whom I have injured.</p>	<p>Failing to properly acknowledge God's goodness and love. Willfully wishing harm to one's neighbor.</p>
<p>Integrity</p>	<p>Living life faithful to good principles and high ideals.* *Explore integrity through a lens of good judgment. Disciples should be taught that good judgment ensures integrity. Good Judgment: Thinking rightly about a decision.</p>		<p>Talking to a trustworthy person. "I will pray and think about what to do." Carefully consider all the circumstances and ask "What am I to do now?" Carefully evaluate all circumstances and consequences before making a decision.</p>	<p><a href="#">St. Thomas More</a> <a href="#">St. Aelred of Rievaulx (2/12)</a> <a href="#">St. John Fisher</a> <a href="#">St. Catherine of Siena</a></p>	<p><a href="#">Philippians 4: 8</a> <a href="#">Matthew 6: 22-23</a></p>	<p>Dear Jesus, In my thoughts, words, and actions I can give You praise. Always grant me the grace to know the truth, to speak always what is right, and to follow You in all I do.</p>	<p>Acting without thinking.</p>
<p><a href="#">Perseverance</a></p>	<p>Taking the steps necessary to carry out objectives in spite of difficulties.</p>	<p>Sticking to it – even when you'd rather give up.</p>	<p>Finish your chores and homework even when you don't feel like it; stay kneeling at Mass when required. "I am not going to give up." Complete homework on time; finish chores even if bored or tired. Complete task from start to finish; stay with a task when it is hard, difficult, or boring.</p>	<p><a href="#">Servant of God Elisabeth Leseur (TBD)</a> <a href="#">St. Peter the Apostle (6/29)</a> <a href="#">St. María Venegas de la Torre (7/30)</a> <a href="#">St. Monica (8/27)</a> <a href="#">St. Pantaleon</a></p>	<p><a href="#">Proverbs 23: 12</a> <a href="#">Mark 14: 70-72</a> <a href="#">Luke 4: 40-41</a> <a href="#">Luke 11: 5-13</a> <a href="#">Acts 18: 5-11</a> <a href="#">2 Corinthians 11: 21-29</a> <a href="#">Galatians 6: 9-10</a> <a href="#">Hebrews 10: 36-39</a> <a href="#">Hebrews 12: 1-2</a> <a href="#">Hebrews 12: 11</a></p>	<p>Dear Jesus, You carried Your cross to Calvary even though You were tired, weak, and hurting. Please give me strength not to give up when life gets hard. Help me keep my eyes on You and Your Kingdom, so I can do what is right even when I am tired and afraid.</p>	<p>Quickly giving up when a task is challenging.</p>

<p>Heroism</p>	<p>Taking noble action for a good cause.*  *Explore heroism through a lens of magnificence.  Disciples should be taught how magnificence is an integral virtue for heroic action. <u>Magnificence</u>: Doing great things for God.</p>		<p>Share; help others when you are good at something and they are not. "May I help you?"  Be generous with your time and offer to help others; share.  Use your talents for the good without complaining; be generous with your time.</p>	<p><a href="#">St. Pope John Paul II (10/22)</a> <a href="#">St. Maximilian Kolbe (8/14)</a> <a href="#">St. Genevieve (1/3)</a> <a href="#">St. Alban (9/27)</a> <a href="#">St. Felicity</a></p>	<p><a href="#">Exodus 31: 1-6</a> <a href="#">Exodus 35: 29</a> <a href="#">Matthew 25: 14-29</a> <a href="#">Luke 8: 1-3</a> <a href="#">Luke 19: 8</a> <a href="#">Acts 10: 1-8</a> <a href="#">Acts 11: 27-30</a> <a href="#">1 Corinthians 12: 4-7</a> <a href="#">2 Corinthians 8: 2-4</a> <a href="#">2 Corinthians 9: 7-2</a> <a href="#">1 Peter 4: 10-11</a></p>	<p>Dear Jesus,  Sometimes I do not want to do the right thing. Sometimes I am lazy with my love. Help me now to do the right thing for You and to do all things, great or small, with great love.</p>	<p>Being wasteful; not responding to grace.</p>
<p><a href="#">Honesty</a></p>	<p>Sincerity, openness, and truthfulness in one's words and actions.</p>	<p>Is truthfulness: loving the truth, telling the truth, and living truthfully in word and deed.</p>	<p>Tell the truth even if it means you will get in trouble. "What I am saying is true."  Not covering up mistakes, telling the truth in all situations; speaking up when someone is being treated wrongly.  Be aware that God knows your heart; don't hide things from your parents or friends; seek to live and speak the truth even when it's hard.</p>	<p><a href="#">St. Stephen (12/26)</a> <a href="#">St. Bridget of Sweden (7/23)</a> <a href="#">Bl. Henry Suso (3/2)</a> <a href="#">St. John Chrysostom (9/13)</a> <a href="#">Charles Lwanga</a></p>	<p><a href="#">Proverbs 12: 19</a> <a href="#">Mark 5: 33</a> <a href="#">Luke 8: 15</a> <a href="#">Luke 19: 8</a> <a href="#">John 20: 21-23</a> <a href="#">Acts 5: 10-19</a> <a href="#">1 Peter 5: 6-7</a> <a href="#">Proverbs 12: 19</a></p>	<p>Dear Jesus,  You said, "I am the Truth" (John 14: 6). You have made me for Truth, because You have made me for Yourself! Help me be honest in all that I say and do, that I might know true happiness in You.</p>	<p>Being dishonest in words and actions; telling lies.</p>
<p><a href="#">Patience</a></p>	<p>Bearing present difficulties calmly.</p>	<p>Maintaining calm and control when completing a task or experiencing challenge.</p>	<p>Wait your turn; do not get upset if things do not go your way; "I will not complain."  Be a good listener and don't interrupt wait your turn.  Listen to others; wait for your turn; tolerate inconveniences and annoyance.</p>	<p><a href="#">Bl. Teresa of Calcutta (9/5)</a> <a href="#">St. Alphonsus Liguori (8/1)</a> <a href="#">St. Gianna Molla (4/28)</a> <a href="#">St. Athanasius (5/2)</a></p>	<p><a href="#">1 Corinthians 13: 4</a> <a href="#">2 Corinthians 12: 9-10</a> <a href="#">Philippians 4: 11-13</a> <a href="#">2 Timothy 4: 16-17</a> <a href="#">James 5: 7-8</a></p>	<p>Dear God,  Help me to wait without complaining, to see You in my neighbor, and to let Your grace enter this moment so that I may not lose my patience.</p>	<p>Being impatient while completing a difficult task or in handling challenging circumstances.</p>
<p><a href="#">Humility</a></p>	<p>Awareness that all one's gifts come from God and appreciation for the gifts of others.</p>	<p>Recognizing and appreciating the gifts of others. Looking at one's own strengths and weaknesses honestly.</p>	<p>Clap for someone who does a good job. "God gave me this talent."  Give compliments to others and accept compliments from others; let others go in front of you in line.  Show deference to others; acknowledge the accomplishments of others; look honestly at your strengths and weaknesses.</p>	<p><a href="#">St. Bernadette Soubirous (4/16)</a> <a href="#">St. Bonaventure (7/15)</a> <a href="#">St. Joseph of Cupertino (9/18)</a> <a href="#">St. Gemma Galgani (4/11)</a></p>	<p><a href="#">Sirach 43: 13-33</a> <a href="#">Matthew 19: 30</a> <a href="#">Luke 1: 46-40</a> <a href="#">Luke 9: 47-48</a> <a href="#">Luke 10: 21</a> <a href="#">Luke 14: 10-11</a> <a href="#">Acts 15: 6-7, 12-14, 22</a> <a href="#">Philippians 2: 3-11</a> <a href="#">1 Timothy 1: 12</a> <a href="#">1 Peter 5: 5-7</a></p>	<p>Dear Jesus,  You said, "Learn from Me, for I am meek and humble of heart" (Matthew 11: 29). You are God, yet You became little out of love for me. So I desire to become little for love of You. Help me to be honest about my strengths and weaknesses. May You be glorified in everything I do!</p>	<p>Failing to recognize the gifts of others; being too proud or having false humility.</p>
<p><a href="#">Moderation</a></p>	<p>Attention to balance in one's life.</p>		<p>Resist the desire to play during work time in class or at home. "No thank you, I have had enough."  Limit how much food you eat; limit time spent on the computer.  Set limits for yourself; create a balance with homework and leisure activity; fast from food you enjoy.</p>	<p><a href="#">St. John XXIII (10/11)</a> <a href="#">St. John of God (3/8)</a> <a href="#">Bl. John Henry Newman (10/9)</a> <a href="#">St. Francis de Sales (1/24)</a></p>	<p><a href="#">Psalm 119: 97</a> <a href="#">Proverbs 25: 16</a> <a href="#">Proverbs 25: 27</a> <a href="#">Ecclesiastes 3: 1</a> <a href="#">Sirach 32: 11-13</a> <a href="#">Matthew 8: 23-24</a> <a href="#">Matthew 14: 23</a> <a href="#">Luke 11: 37</a> <a href="#">Galatians 6: 4-5</a> <a href="#">1 Timothy 5: 23</a> <a href="#">1 Timothy 6: 17</a></p>	<p>Dear Jesus,  Help me to keep a balance in my life, using created things properly and in the right amount that is best for me. I need Your help to set limits for myself in doing things that I enjoy, such as using video games, playing outside, eating, and using my phone and the Internet. Lead me on Your way of happiness!</p>	<p>Giving in to being excessive in one or more areas of one's life.</p>

Initiative	<p>Independently finding opportunities for thoughtful action.*</p> <p>*Explore initiative through a lens of foresight.</p> <p>Disciples should be taught how foresight should always inform initiative. <a href="#">Foresight</a>: Consideration of the consequences of one's actions; thinking ahead.</p>	Think about the options. "Let me think about what will happen if..."	<p><a href="#">St. John Bosco (1/31)</a></p> <p><a href="#">St. Frances Xavier Cabrini (11/13)</a></p> <p><a href="#">Ven. Pope Pius XII (TBD)</a></p> <p><a href="#">St. Gregory the Great (9/3)</a></p>	<p><a href="#">Genesis 41: 33-36</a></p> <p><a href="#">Proverbs 27: 12</a></p> <p><a href="#">Sirach 18: 27</a></p> <p><a href="#">Matthew 7: 24-28</a></p> <p><a href="#">Matthew 25: 1-13</a></p> <p><a href="#">Luke 14: 28-32</a></p> <p><a href="#">Luke 12: 54-55</a></p>	<p>Dear Jesus,</p> <p>When I come upon situations that require serious thought, please send Your Holy Spirit to guide me, that I may always do Your holy will. Guide me with Your counsel, and give me the courage to act rightly when it is difficult.</p>	<p>Failing to consider later consequences.</p>
		Learn how to gather information to make a decision; plan ahead for tests and projects.				
		Pray, think, act; learn how to gather information to make a decision; plan out long-term and short-term decisions.				