

VIRTUES LIST

WEEK #	2016-2017	2017-2018	2018-2019	2019-2020
1	Friendliness	Courtesy	Cooperation	
2	Courage	Friendliness	Friendliness	
3	Cooperation	Orderliness	Helpfulness	
4	Helpfulness	Patience	Courtesy	
5	Compassion	Honesty	Responsibility	
6	Honesty	Caring	Consideration	
7	Diligence	Helpfulness	Truthfulness	
8	Courtesy	Flexibility	Sportsmanship	
9	Tact	Creativity	Cheerfulness	
10	Thoughtfulness	Respect	Self-discipline	
11	Confidence	Confidence	Tact	
12	Creativity	Loyalty	Confidence	
13	Service	Service	Gentleness	
14	Thankfulness	Thankfulness	Service	
15	Appreciation	Moderation	Thankfulness	
16	Cheerfulness	Enthusiasm	Contentment	
17	Contentment	Generosity	Generosity	
18	Generosity	Joyfulness	Joyfulness	
19	Joyfulness	Serenity	Understanding	
20	Optimism	Purposefulness	Determination	
21	Tolerance	Tolerance	Enthusiasm	
22	Serenity	Kindness	Tolerance	
23	Kindness	Justice	Kindness	
24	Flexibility	Responsibility	Courage	
25	Love	Love	Love	
26	Enthusiasm	Determination	Excellence	
27	Initiative	Stamina	Trustworthiness	
28	Purposefulness	Peacefulness	Flexibility	
29	Resilience	Tact	Humility	
30	Endurance	Perseverance	Focus	
31	Consideration	Assertiveness	Resilience	
32	Determination	Integrity	Initiative	
33	Responsibility	Idealism	Unity	
34	Mindfulness	Forgiveness	Idealism	
35	Excellence	Humility	Stamina	
36	Unity	Understanding	Integrity	
37	Idealism	Unity	Honor	
38				

VIRTUES LIST

WEEK #	2012-2013	2013-2014	2014-2015	2015-2016
1	Friendliness	Friendliness	Friendliness	Friendliness
2	Orderliness	Courtesy	Cooperation	Orderliness
3	Cooperation	Cooperation	Orderliness	Promptness
4	Accountability	Orderliness	Promptness	Courtesy
5	Courtesy	Responsibility	Preparedness	Cooperation
6	Self-Discipline	Creativity	Kindness	Self-Discipline
7	Trustworthiness	Understanding	Honesty	Flexibility
8	Purposefulness	Honesty	Courtesy	Purposefulness
9	Service	Helpfulness	Helpfulness	Service
10	Empathy	Courage	Confidence	Empathy
11	Gentleness	Caring	Responsibility	Gentleness
12	Courage	Diligence	Diligence	Courage
13	Steadfastness	Service	Courage	Steadfastness
14	Unity	Thankfulness	Gratitude	Kindness
15	Thankfulness	Thankfulness	Thankfulness	Thankfulness
16	Resoluteness	Generosity	Generosity	Contentment
17	Contentment	Contentment	Contentment	Joyfulness
18	Joyfulness	Joyfulness	Joyfulness	Generosity
19	Generosity	Determination	Sincerity	Enthusiasm
20	Enthusiasm	Trustworthiness	Purposefulness	Ambition
21	Ambition	Tolerance	Tolerance	Tolerance
22	Tolerance	Compassion	Compassion	Honesty
23	Honesty	Gentleness	Accountability	Compassion
24	Compassion	Love	Love	Sincerity
25	Love	Forgiveness	Patience	Love
26	Fortitude	Confidence	Determination	Fortitude
27	Helpfulness	Peacefulness	Gentleness	Trustworthiness
28	Sportsmanship	Sportsmanship	Sportsmanship	Sportsmanship
29	Perseverance	Enthusiasm	Resilience	Perseverance
30	Humility	Commitment	Humility	Humility
31	Focus	Humility	Stamina	Focus
32	Sincerity	Determination	Enthusiasm	Helpfulness
33	Kindness	Patience	Commitment	Resourcefulness
34	Resourcefulness	Integrity	Honor	Unity
35	Idealism	Honor	Unity	Idealism
36	Honor	Idealism	Idealism	Eloquence
37	Eloquence	Unity	Integrity	Honor
38				

VIRTUES LIST

1. **Cooperation:**

I am cooperative. I work and play well with others. I respect the rules. I keep myself and others safe.

2. **Friendliness: Fr- la camaraderie, Sp- la amabilidad**

I am friendly. I smile and greet people. I show an interest in others. I like myself and know that my friendship is worth a lot.

3. **Helpfulness:**

I am helpful. I look for ways to be of service. I care for my family, my classmates, and myself. I look for helpful ways to make a difference.

4. **Courtesy: Fr- la courtoisie, Sp-la cortesía**

I am courteous. I speak and act in a polite way. I show others that I value and respect them.

5. **Responsibility:**

I am responsible. I give my best to all that I do and keep my agreements. I learn from my mistakes. I am willing to make amends.

6. **Consideration**

I am considerate of others. I stop and think about how my words and actions affect them. I do thoughtful things that bring happiness to others.

7. **Truthfulness:**

I am truthful. I speak the truth. I see the truth with my own eyes. I have no need to impress others or exaggerate. I am content to be my true self.

8. **Sportsmanship:**

I am a good sport. I play by the rules and respect all the players. I have a positive attitude whether I win or lose.

9. **Cheerfulness:**

I am cheerful. I meet each day with a smile. I see the bright side of things. I look for the good in whatever happens.

10. **Self-discipline:**

I have self-discipline. I use my time well and get things done. I choose my actions thoughtfully and carefully.

11. **Tact:**

I act with tact. I think before I speak. I am considerate of other people's feelings. I tell the truth kindly and gently.

12. **Confidence:**

I am confident. I love to try new things and I give them the best I have to give. I appreciate my gifts. I welcome new possibilities.

13. **Gentleness:**

I am gentle. I think, speak, and act with gentleness. I show care for people and for everything I touch.

VIRTUES LIST

14. Service:

I look for opportunities to be of service. I do not wait to be asked. I am thoughtful of others. I make a difference in the world.

15. Thankfulness: Fr- la gratitude, Sp- agradecimiento

I am thankful for the many gifts within me and around me today. I appreciate my life. I look for the lessons. I expect the best.

16. Contentment:

I am content. I am satisfied with what I have. I have no need to be greedy or ask for more than my share.

17. Generosity: Fr- la générosité, Sp- la generosidad

I am generous. I look for opportunities to give and to share. There is plenty of time for thoughtfulness. I give freely, fully, and joyfully.

18. Joyfulness: Fr- la joie, Sp- la felicidad

I am thankful for the joy I feel inside. I enjoy my work and my play. I appreciate the gifts this day holds for me.

19. Understanding:

I have an understanding mind. I concentrate and pay attention so that I can think clearly. I have an understanding heart. I have empathy for other people's feelings.

20. Determination:

I am determined. I set goals and keep going until I achieve them. I get things done. I stay on purpose.

21. Enthusiasm: Fr- l'enthousiasme, Sp- el entusiasmo

I am full of enthusiasm. I look on the bright side. I give 100% to whatever I do. I use my imagination. I am open to the wonders in store for me today.

22. Tolerance: Fr- la tolérance, Sp- la tolerancia

I am tolerant. I overlook people's faults. I appreciate differences. I accept the things I cannot change with good grace.

23. Kindness: Fr- la gentillesse, Sp- la bondad

I am kind. I look for ways to help others. I show kindness to any person or animal I see. I do all I can to take care of the earth.

24. Courage:

I have courage. I am willing to try new things. I admit mistakes and learn from them. I listen to my heart. I have the courage to do the right thing.

25. Love: Fr- l'amour, Sp- el amor

I am a loving person. I show my love with thoughtful acts and kind words. I treat others the way I want to be treated.

26. Excellence:

VIRTUES LIST

I give my best to the work I do. I give my best to others. I dare to set noble goals. I choose excellence in all things.

27. Trustworthiness:

I am trustworthy. I keep my promises. I keep my word. I am worthy of the trust that others place in me.

28. Flexibility:

I am flexible. I keep changing for the better. I look for new ways to do things. I welcome surprises.

29. Humility:

I am humble. I learn from my mistakes. I do not judge others or myself. I value my ability to keep growing and learning.

30. Focus:

I have focus. I pay attention to my work at school and at home. I use my time wisely.

31. Resilience: Fr- le ressort, Sp- la capacidad para adaptarse

I am resilient. I bounce back from disappointments. I can adapt to change. I welcome new challenges.

32. Initiative:

I have initiative. I use my creativity to come up with new ideas. I work independently and look for ways to solve problems or improve situations.

33. Unity: Fr- l'unité, Sp- la unidad

I am in unity with others. I appreciate differences. I do not support prejudice. I am a peacemaker. I care for the earth and all living things.

34. Idealism: Fr- l'idéalisme, Sp- el idealismo

I live by my ideals. I believe in my dreams. I have faith that anything is possible.

35. Stamina:

I have stamina. I persevere through challenges. I know that with hard work and persistence, I can accomplish anything.

36. Integrity:

I have integrity. I mean what I say and say what I mean. I stand up for what I feel is right. I am my own leader.

37. Honor:

I am honorable. I keep my agreements and treat everyone with respect. I live by the virtues. I care about doing the right thing