



Week	Virtue	Short Definition
5-Jan	Chastity	To refrain from sexuality that is contrary to ones ethics.
13-Jan	Enthusiasm	Intense emotionalism towards an interest or pursuit.
19-Jan	Counsel	Advice, opinion, or instruction to a friend needing help.
26-Jan	Enterprise	Using ones talents as a means of earning ones livelihood.
2-Feb	Sincerity	To be genuine, honest, not falsified or duplicated.
9-Feb	Friendliness	Favorably disposed and inclined to be kind and helpful to others.
16-Feb	Gentleness	Kindly, amiable, mild mannered and respectable.
23-Feb	Honor	Honesty, fairness, or integrity in ones beliefs, to hold in high respect.
1-Mar	Humor	The ability to perceive the comic or absurd quality of life. Good temperament.
8-Mar	Self-Discipline	Training of ones self, usually for improvement.
15-Mar	Obedience	Willingness to comply with or submit to authority.
22-Mar	Morality	Conformity to the rules of right and virtuous conduct.
29-Mar	Self Control	Control or restraint of oneself or ones actions or feelings.
5-Apr	Servitude	To surrender personal freedom and subject yourself to the will of another.
12-Apr	Modesty	The quality of being free from vanity. Not boastful. Humble
19-Apr	Tolerance	Fair and permissive attitude toward those whose opinions or practice differ from your own.
26-Apr	Truth	The actual state of affairs, honest, accurate, verity, platitude.
3-Mar	Initiative	The readiness and ability to initiate action.
10-May	Kindness	Good or benevolent nature, considerate, helpful, humane, gentle, loving.
17-May	Knowledge	Acquaintance with facts, truths, or principles from study.
24-May	Leadership	The ability to go before others and show them the way. Guide. Direct.
31-May	Loyalty	The state of being faithful to commitments, obligations, causes, and people.
7-Jun	Respect	Esteem or deference to a right of another, to honor, be courteous to.
14-Jun	Responsibility	Answerable or accountable for one's own actions.
21-Jun	Self-Respect	Proper esteem or regard for the dignity of one's character.
28-Jun	Patriotism	Devoted love, support, and defense of one's country.
5-Jul	Suffering a cause	To undergo a penalty, pain, or loss in defending a principle, ideal, goal, or movement.
12-Jul	Faithfulness	True to one word, promise, allegiance, or affection. To be loyal and constant.
19-Jul	Surrender	To yield to the possession or power of another person, influence, or course.
26-Jul	Tenacity	Being tough, not giving up, coming back time and time again.
2-Aug	Understanding	To grasp the significance, importance, or meaning of.
9-Aug	Poise	Keeping a dignified composed manner even under stress.
16-Aug	Prudence	Being wise and judicious in planning practical and future affairs.
23-Aug	Justice	What is right, righteous, guided by truth, reason, and fairness.
30-Aug	Fortitude	Mental and emotional strength in facing difficulty and adversity.
6-Sep	Temperance	Moderation or self-restraint in action.
13-Sep	Faith	Belief, confidence or trust in a person or thing, not based on proof.
20-Sep	Hope	To look forward, to believe, desire, and trust that events will work out as desired.
27-Sep	Love	Affectionate concern for the well-being of others.
4-Oct	Courage	The ability to face difficulty, danger, or pain without fear.
11-Oct	Empathy	Vicariously experiencing the feelings, thoughts, emotions, or attitudes of others.
18-Oct	Generosity	Readiness or liberality in giving to those in need.
25-Oct	Humility	Having a modest estimate of ones own importance. Not proud.
1-Nov	Integrity	Adherence to moral principles. Congruence in thought, spoken word, and deed.
8-Nov	Charity	Benevolent feeling toward those in need, generous actions.
15-Nov	Patience	The ability to suppress restlessness when delayed. Waiting without complaint.
22-Nov	Thankfulness	Feeling or expressing gratitude or appreciation.
29-Nov	Sacrifice	Surrender or destruction of something prized for the sake of something of higher value.
6-Dec	Wisdom	The ability to discern what is true or right, judicious and learned.
13-Dec	Service	An act of helpful activity or aid.
20-Dec	Joy	Great delight or happiness caused by something good.
27-Dec	Moderation	The act of restraining ones self, avoiding extremes. Temperance.