

## Self-Awareness is Just One Virtue...



**Acceptance** | To consider circumstances that cannot be changed, as satisfactory.  
**Bravery** | Facing danger of pain without showing fear.  
**Caution** | Avoidance of rashness, attention to safety.  
**Curiosity** | A desire to find out and know things.  
**Defiance** | Bold resistance.  
**Determination** | Firmness of purpose.  
**Devotion** | A great love or loyalty, enthusiastic zeal.  
**Discretion** | Being discrete in one's speech, keeping secrets.  
**Flexibility** | Adaptable, able to be changed to suit circumstances.  
**Focus** | Concentrated awareness and effort.  
**Forgiveness** | To cease to feel angry or bitter towards a person or about an offense.  
**Generosity** | Giving or ready to give freely, free from meanness or prejudice.  
**Gentleness** | Moderate; mild, quite; not rough or severe.  
**Gratitude** | Being thankful.  
**Honesty** | Truthful; sincere; not lying or cheating.  
**Honor** | Respectful, considerate, reverent.  
**Humbleness** | Modest, not arrogant or boastful.  
**Humor** | The ability to perceive, enjoy, or express what is amusing or absurd.  
**Impartiality** | Fair.  
**Industry** | Diligent, hardworking.  
**Innocence** | Guileless, not guilty.  
**Justice** | Fair, impartial, giving a deserved response.  
**Kindness** | Friendly, helpful, well meaning.  
**Love** | A deep, tender, ineffable feeling of affection and solicitude, an underlying oneness.  
**Loyalty** | Faithful to a person, ideal, custom, cause, or duty.  
**Majesty** | Great and impressive dignity.  
**Moderation** | The avoidance of extremes in one's actions or opinions.  
**Obedience** | Willingness to obey, to be controlled when necessary, to carry out orders.  
**Openness** | Ready and willing to talk candidly. Avoiding secrecy.  
**Patience** | The ability to endure delay, trouble, pain or hardship.  
**Peace** | Freedom from mental agitation; serenity.  
**Prudence** | Wise or careful in conduct. Shrewd or thrifty in planning ahead.  
**Reliability** | Can be trusted to do something.  
**Responsibility** | Having control over and accountability for appropriate events.  
**Sensitivity** | Heightened awareness within the context of social and personal relationships.  
**Simplicity** | Straightforward, not complex or complicated.  
**Unpretentious** | Sincerity, free from pretense or deceit in manner or actions.  
**Self Aware** | Embracing the truth about oneself, taking personal responsibility.  
**Sobriety** | Serious, solemn and calm. Free from intoxication.  
**Spontaneity** | Natural, not planned.  
**Steadfastness** | Firm, resolute, determinedly unwavering.  
**Strength** | Capable of exerting great force.  
**Temperance** | Moderation and self-restraint in the use of, or abstinence, from intoxicants.  
**Toughness** | Strong and durable, not easily damaged.  
**Tranquility** | Serenely quiet and peaceful, undisturbed.  
**Trust** | Having confidence in others, lacking suspicion.  
**Trustworthiness** | Able to be trusted or depended on, reliable.

**Which of these virtues do you live in our daily life?**

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