

1. **Self-control** - be in charge of your actions, thoughts, and feelings in order to make good decisions
Ways to practice self-control:
Think before speaking - is it true, helpful, inspiring, necessary, and kind?
Keep your hands and possessions to yourself
Count to 10 if you feel yourself getting upset
Take time to consider another person's perspective before getting angry or hurt
2. **Honesty** - Telling the truth no matter what
Ways to practice honesty:
Don't cheat
Keep your promises
Be accurate in reporting things - don't exaggerate
3. **Hope** - trusting and having faith that something good will happen
Ways to practice hope:
Thinking of something good
4. **Humility** - putting the needs of others before yourself, not bragging
Ways to practice humility: Ask for help when you need it
Think of the gifts God has given you
Think of the gifts God has given to others
5. **Respect** - treating others kindly, thinking about others before you act or speak.
Ways to practice respect:
Look a person in the eye when you are talking to them
Avoid talking back to your parents and teachers
6. **Gratitude** - recognize the gifts that you have and say thank you for them. Gratitude is also about taking care of the gifts you have and using them well.
Ways to practice gratitude:
Say thank you whenever you receive a gift
Think of three things you are grateful for every day
Use the supplies your parents have bought for you well and take care of them to show that you are grateful for them
Thank those who share their time with you
Pray for those who have helped you
7. **Perseverance** - working hard even when the task is difficult, not giving up
Ways to practice perseverance:
Use positive self talk when you are trying to do a difficult task ("I can do difficult things.")
Complete all of your work and turn it in
8. **Kindness** - showing love and care for others by being friendly and considerate
Ways to practice kindness:
Practice random acts of kindness such as smiling at others, saying "hello" or "good morning,"
Pay a sincere compliment to another person
Look for ways to help others and do it
9. **Joy** - deep internal feeling of delight caused by knowledge of how much God loves us and cares for us
Ways to practice joy:
Remember how much God loves you
Remember that God can make good out of all things
10. **Patience** - the ability to wait calmly, without getting frustrated
Ways to practice patience:
Allow others to finish speaking and/or work without interruption
Listen carefully when others are speaking without thinking of what you want to say next
Give others space when lining up, moving to another place, or entering a room