

Assertiveness
Caring
Cleanliness
Commitment
Compassion
Confidence
Consideration
Cooperation
Courage
Courtesy
Creativity
Detachment
Determination
Diligence
Enthusiasm
Excellence
Flexibility
Forgiveness
Friendliness
Generosity
Gentleness
Helpfulness
Honesty
Honour
Humility
Idealism
Integrity
Joyfulness
Kindness
Love
Loyalty
Moderation
Orderliness
Patience
Peacefulness
Perseverance
Purposefulness
Reliability
Respect
Responsibility
Self-Discipline
Service
Tact
Trust
Trustworthiness
Truthfulness
Understanding
Unity

The Virtues Project™ a global program about living by the virtues, remembering that we are people of kindness, courage, justice. It is a way to be spiritually and morally healthy. It's a program that started in Canada in 1991 and spread throughout the world to honour the virtues in ourselves and in others.

What is The Virtues Project™?

The Virtues Project™ has developed 5 strategies by which we can all check the integrity in our daily lives. The strategies include using the language of the Virtues for building self esteem; a way of looking at every moment in our lives as a valuable lesson; tools for identifying and setting boundaries – personal and otherwise; an honouring and development of or spiritual nature; and a most effective method of offering listening and guidance for seeking inner truth.

Is this a Christian Program? New Age? Baha'i?

There is no hidden religious agenda. The inspiration for the Virtues themselves comes from 7 of the world's major religions. The Virtues Project is not about the practices or beliefs of any particular religion. It is based on the simple wisdom of the world's diverse sacred traditions. The Virtues transcend race, faith, and cultural groups because they are so universally accepted as the way humans want to be 'good'.

Who is the program for?

The language is universal in that everyone has and can practice the Virtues. The five strategies of the project become a way of life: in fact they become the basis of your integrity check. In other words, you can check decisions about yourself, work, relationships, how to communicate even your purpose in life by reflecting on and using the 5 strategies.

Can you have too much of some virtues?

Yes and No. Sometimes we may be out of balance with a particular virtue, such as responsibility (being too responsible or not responsible enough) or helpfulness (we forget to ask for help, or we help others too much). It is true that many virtues may be under or over developed in us. However, if we can acknowledge this as a 'teachable moment' or a learning opportunity, we can look for one or two other virtues to help bring it into balance. That way, we continue to focus on what is good.

For example:

- ✓ Too much assertiveness is better seen as needing more tact or gentleness
- ✓ Too much purposefulness might need to add joyfulness
- ✓ Too much determination, we need to add flexibility
- ✓ Too much enthusiasm could use self-discipline or respect
- ✓ Too much compassion, we need to balance it with detachment

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“When virtues are present great things can be accomplished.”

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