



**VIRTUE=STRENGTH.**<sup>TM</sup>

**SPORTSLEADER**

VIRTUES 2021-2022

## SCHEDULE OF VIRTUES & STRENGTHS

**AUGUST: VIRTUE**

Discipline  
Dedication

**JANUARY: PRUDENCE**

Circumspection  
Foresight  
Understanding

**SEPTEMBER: FAITH**

Fidelity  
Prayerfulness  
Obedience

**FEBRUARY: LOVE FOR NEIGHBOR**

Respect  
Compassion  
Kindness

**OCTOBER: HOPE**

Trust  
Steadfastness  
Patience

**MARCH: JUSTICE**

Devotion  
Diligence  
Generosity

**NOVEMBER: LOVE FOR GOD**

Sacrifice  
Gratitude

**APRIL: FORTITUDE**

Mortification  
Perseverance  
Magnanimity

**DECEMBER: HUMILITY**

Meekness  
Silence

**MAY: TEMPERANCE**

Modesty  
Honesty



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**DEFINITIONS**

## AUGUST

A virtue is a habitual and firm disposition to do the good.

Discipline is the strength to be in control of oneself regardless of the circumstances.

Dedication is the strength to be firm on one's direction and purpose.

## SEPTEMBER

The virtue of faith is a gift from God, placed or infused in our souls at Baptism, that gives us the strength to believe in God and everything that His Holy Catholic Church teaches us.

Fidelity is the strength to be steadfast in one's commitments and promises.

Prayerfulness is the strength by which I spend time alone with the ONE who I know loves me.

Obedience is the strength to comply with and respect the authority of those in positions of leadership who have the right to command.

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**DEFINITIONS**

## OCTOBER

The virtue of hope is a gift from God, placed or infused in our souls at Baptism, that gives us the strength to firmly trust that God will give us the endless happiness of Heaven and the means to obtain it, if we do what He requires of us.

Trust is the strength to confidently believe in someone regardless of the situation.

Steadfastness is the strength of being dutifully firm and unwavering.

Patience is the strength to endure delay, pain, discomfort and disappointment.

## NOVEMBER

The virtue of Love for God, or Charity, is a gift from God, placed or infused in our souls at Baptism, that gives us the strength to love the Lord Our God as the sovereign good, and purely for His own sake.

Sacrifice is the strength to forgo one's own benefit for the good of others.

Gratitude is the strength to speak and act with a spirit of thankfulness for the gifts and blessings you receive.

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**DEFINITIONS**

## DECEMBER

The virtue of Humility, is the strength to put God and others before ourselves.

Meekness is the strength to restrain anger and discouragement in the midst of adversity enabling a person to do good in response to evil.

Silence is a strength that disposes the soul to converse continually with God.

## JANUARY

The virtue of Prudence is the strength that disposes practical reason to discern our true good in every circumstance and to choose the right means of achieving it.

Circumspection is the strength to carefully consider all circumstances and possible consequences.

Foresight is the strength to think ahead and consider what if or what might happen.

Understanding is the strength to know what is the right thing to do in each situation.

## FEBRUARY

The virtue of Love for Neighbor, or Charity, is a divinely infused virtue, that gives us the strength to love God above all things for His own sake, and our neighbor as ourselves for the love of God.

Respect is the strength to show honor and goodness toward others, recognizing their talents.

Compassion is the strength to be aware of the needs of others and the desire to help them.

Kindness is the strength to be friendly, thoughtful and welcoming to others.

## MARCH

The virtue of Justice is the strength that consists in the constant and firm will to give God and neighbor their due.

Devotion is the strength to give due honor, worship and service to God.

Diligence is the strength to accomplish tasks with tireless dedication.

Generosity is the strength to go beyond the call of duty.

**APRIL**

The virtue of **FORTITUDE**, or **Courage**, is the strength to do the right thing in the face of fear and/or difficulties.

**Mortification**, based on **Faith**, is the strength to deny oneself through penance and austerity to strengthen the will in the practice of virtue and grow in the likeness of Christ.

**Perseverance** is strength to never quit despite failures and difficulties.

**Magnanimity** is the strength to have greatness of soul, performing noble deeds that are great in the eyes of God.

**MAY**

The virtue of **TEMPERANCE**, or **Moderation**, is the strength that moderates the attraction of pleasures and provides balance in the use of created goods.

**Modesty** is the strength to be moderate and in control of ourselves with regard to speech, dress and food.

**Honesty** is the strength to tell the truth even when it would be easier to lie.



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