

Virtues

Interest:

To see our own positive qualities and make them available to our projects and daily activities. It is important, if possible, to carry this out in group work with other people.

1. Recognition of one's own positive qualities or virtues.

Generally when we talk about "**personal improvement**", most people recognise that throughout their lives they have been concerned about and have tried to find and change behaviours and attitudes that did not seem favorable. Whether performing specialised studies or simply, in improvised and spontaneous ways, (like "talking to oneself") at some point we have tried to improve ourselves.

If we talk about improving ourselves or "overcoming things" (as the saying goes), we always **imagine improving or overcoming "difficulties" or "personal defects"**. Surely we have tried to fight those personal **negative aspects**, and probably to a greater or lesser extent we have made some changes, some personal improvement. This was certainly one way to know ourselves and is fine.

Now we will try to do a different type of work from what we have done so far. In contrast to that, **now we try to recognise in ourselves the interesting things, positive things, good attitudes we have**. We will try to see the positive qualities, the personal virtues that we recognise we have or that others see in us.

For this one has to "clear one's mind" a little, try to put aside those negative things, and without "getting stuck" or shame try to recognise our own strengths.

What interesting things I recognise me? We are not talking about those things that happened to us or that have gone well but about what is interesting about me, my positive personal qualities, virtues, qualities.

a) Make a list of positive qualities, personal qualities or virtues.

Think and feel those interesting things you have, and write them down in your notebook. Do not worry if it's hard at first. Try to push away your negative thoughts, relax, clear your mind and see what is positive in you.

b) Now look at the people in the group. See that they have interesting qualities.

Discover which are their virtues and tell them about them. Try to be as honest as possible. They in turn will tell you what is interesting about you; write in your notebook a new list of positive qualities (those others told you about). This is a list of virtues that people see in you.

c) Observe the two separate lists (the one you made and the one you were told) and develop a single one by mixing the two lists.

Take virtue by virtue and "feel" which ones are the most important, which ones feel like the most interesting?

Make a list from highest to lowest value with your virtues.

Do not forget the two points of view; your own and that of others. Often one does not consider personal strengths as interesting qualities to take into account, or just think that they are not so "good". But many people think that these virtues are significant in you.

2 . Taking advantage of these virtues in every day actions.

Sometimes it is easier to pay attention to negative aspects both in ourselves and in others. This is due to the education that we have received, to a culture that in different ways and in different places puts greater emphasis on the negative, on what does not work, that is, on the defects humans have.

Seeing the positive in oneself and in others, we are looking at life through different eyes. It's a different lifestyle compared to "we keep on living" always with the negative, as we have become accustomed. Negativity is out of this new lifestyle.

That lifestyle of just "we keep on living" is utterly boring, it is like "we keep on dying."

Aim to adopt from now on a new and positive lifestyle.

Imagine a new way of living in which you use your qualities.

Explain briefly to others how you will give greater force to your virtues by using them in everyday life.

Exercise:

Build a "**force phrase**" to remember to use their positive qualities, write it on a large piece of paper and put it in a prominent place in your home.