



Courage

*"All our dreams can come true, if we have the courage to pursue them."
-Walt Disney*

*"Mistakes are always forgivable, if one has the courage to admit them."
-Bruce Lee*

I think Courage means: _____

Think of a main character from a movie or book that was courageous. Why was he/she courageous? What was the outcome of him/her for being courageous?

In my life I can be more courageous when I: _____



Discipline

*"Discipline is the bridge between goals and accomplishment."
-Jim Rohn*

I used Discipline this week when I: _____

A time I am proud of myself when I used Discipline (not on the mountain) is: _____

Draw or attach a picture or someone using or displaying Discipline:



Integrity

"If you don't stand for something, you'll fall for anything"
-Malcolm X

I think Integrity means: _____

Make a list of 10 words that describe who you are and what you value, but not what you do. For example, you might be emotional, logical, strong, etc. Don't list what you do like snowboard or study.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Identify three people in your life who demonstrate integrity and describe how their integrity helps you respect them.

1. _____

2. _____

3. _____



Wisdom

*"Knowing yourself is the beginning of all wisdom."
-Aristotle*

*"Experience is not what happens to you; it's what you do with what happens to you."
-Aldous Huxley*

I think Wisdom means: _____

Explain how you might use wisdom in the following locations:

Home: _____

School: _____

On the mountain: _____

At the playground or sports field:



Compassion

"For a person who cherishes compassion and love, the practice of tolerance is essential, and for that, an enemy is indispensable. So we should feel grateful to our enemies, for it is they who can best help us develop a tranquil mind! Also, it is often the case in both personal and public life, that with a change in circumstances, enemies become friends."

-Dalai Lama

I think compassion means: _____

Describe a time when you demonstrated compassion. Include how it made others and yourself feel.

Find a poem, lyrics from a song, or a magazine or newspaper article that demonstrates compassion and staple it or write it on this page. Then in the space below describe how it made you feel or how you think it positively affected others and maybe society.



Humility

"There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self."

-[Ernest Hemingway](#)

"It is unwise to be too sure of one's own wisdom. It is healthy to be reminded that the strongest might weaken and the wisest might err."

-[Mahatma Gandhi](#)

I think humility (or being humble) means: _____

What is service learning and why do you think it is important?

Explain how you or others may be showing or see humility in your service projects..
