



Name \_\_\_\_\_

Definition of Affability:

Opposing Trait:

Affability Looks Like:

Affability Sounds Like:

**Pick one and write a sentence about how they were affable:** St. Francis Assisi, Bl. Pier-Giorgio Frassati, Bl. Jordan of Saxony, St. Gabriel of the Sorrowful Mother

**Scripture Passage:** Read Luke 24:13-25

**Meditate:** How did Jesus treat the disciples affably?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, when should you practice affability?

**Three ways I can practice Affability:**

1. I

2. I

3. I

Name \_\_\_\_\_

Definition of Courtesy:

Opposing Trait:

Courtesy Looks Like:

Courtesy Sounds Like:

**Pick one and write a sentence about how they were courteous:** St. Paulinus of Nola, St. Nicholas, St. Rose of Lima, St. Vincent de Paul

**Scripture Passage: Read John 20:2-6**

**Meditate:** What did the other disciple do when he reached the tomb? To whom was he courteous?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, when could you practice courtesy?

**Three ways I can practice Courtesy:**

1. I

2. I

3. I

Name \_\_\_\_\_

Definition of Generosity:

Opposing Trait:

Generosity Looks Like:

Generosity Sounds Like:

**Pick one and write a sentence about how they were generous:** St. Fabiola, St. Martin of Tours, St. Elizabeth of Hungary, St. Giuseppe Moscati

**Scripture Passage:** Read Matthew 4:18–22 or Matthew 25:34–40

**Meditate:** How did the disciples give of themselves **or** how do you serve Jesus by serving your neighbor?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, how can you practice generosity?

**Three ways I can practice generosity:**

1. I

2. I

3. I

Name \_\_\_\_\_

Definition of Gratitude:

Opposing Trait:

Gratitude Looks Like:

Gratitude Sounds Like:

**Pick one and write a sentence about how they practiced gratitude:** Ven. Solanus Casey, St. Josephine Bakhita, St. Mary Magdalene, St. Augustine

**Scripture Passage: Read Luke 1:46-55**

**Meditate:** What are two things Mary, our Mother, is grateful for?

**Pray:** Write a short prayer based on the Scripture.

**Action:** : Thinking about the Scripture, what has God done for you that you thank Him for?

**Three ways I can practice Gratitude:**

1. I

2. I

3. I

Name \_\_\_\_\_

Definition of Kindness:

Opposing Trait:

Kindness Looks Like:

Kindness Sounds Like:

**Pick one and write a sentence about how they were kind:** St. Aelred of Rievaulx, St. Veronica, St. Martin de Porres, St. Camillus de Lellis

**Scripture Passage: Read John 2:3-11**

**Meditate:** How did Mary show genuine concern for the newlyweds? How did she anticipate their need?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, when could you practice kindness?

**Three ways I can practice Kindness:**

1. I

2. I

3. I

Name \_\_\_\_\_

Definition of Loyalty:

Opposing Trait:

Loyalty Looks Like:

Loyalty Sounds Like:

**Pick one and write a sentence about how they were loyal:** St. John Fisher, St. Polycarp, St. Basil and St. Gregory Nazianzen, St. Ignatius of Loyola

**Scripture Passage:** Read John 6:66-60 or Ephesians 6:1-4

**Meditate:** How are the disciples loyal to Jesus **or** to whom do you owe loyalty?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, when could you practice loyalty?

**Three ways I can practice Loyalty:**

1. I

2. I

3. I

Name \_\_\_\_\_

Definition of Obedience:

Opposing Trait:

Obedience Looks Like:

Obedience Sounds Like:

**Pick one and write a sentence about how they practiced obedience:** St. Catherine Laboure, St. Claude de la Columbière, St. Padre Pio, St. Matthew

**Scripture Passage:** Read Luke 2:51-52

**Meditate:** Who is a model of obedience? To whom was he obedient?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, when could you practice obedience?

**Three ways I can practice Obedience:**

1. I

2. I

3. I

Name \_\_\_\_\_

Definition of Patriotism:

Opposing Trait:

Patriotism Looks Like:

Patriotism Sounds Like:

**Pick one and write a sentence about how they practiced patriotism:** St. Louis IX,  
St. Thomas à Becket, St. Patrick, St. Josaphat

**Scripture Passage: Read 1 Peter 2:13-17**

**Meditate:** How does a Christian serve God while serving his or her country?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, when could you practice patriotism?

**Three ways I can practice Patriotism:**

1. I

2. I

3. I

Name \_\_\_\_\_

Definition of Prayerfulness:

Opposing Trait:

Prayerfulness Looks Like:

Prayerfulness Sounds Like:

**Pick one and write a sentence about how they practiced prayerfulness:** St. Dominic, St. Catherine of Siena, Bl. Elizabeth of the Trinity, St. Hildegard of Bingen

**Scripture Passage: Read Luke 2:15-20**

**Meditate:** How was the visit of the shepherds a time of prayer? Who was praying and how?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, when could you practice prayerfulness?

**Three ways I can practice Prayerfulness:**

1. I

2. I

3. I

Name \_\_\_\_\_

Definition of Respect:

Opposing Trait:

Respect Looks Like:

Respect Sounds Like:

**Pick one and write a sentence about how they practiced respect:** Bl. Anna Maria Taigi, St. Damien of Molokai, St. Frances of Rome, St. Catherine of Alexandrian

**Scripture Passage:** Read 1 Timothy 5:1-2, 17

**Meditate:** How can you show respect to different groups of people — elderly, young, parents, teachers, priests and religious?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, when could you practice respect?

**Three ways I can practice Respect:**

1. I

2. I

3. I

Name \_\_\_\_\_

Definition of Responsibility:

Opposing Trait:

Responsibility Looks Like:

Responsibility Sounds Like:

**Pick one and write a sentence about how they practiced responsibility:**

St. Margaret of Scotland, St. Lawrence, St. Pius V, St. Colomba

**Scripture Passage:** Read Genesis 41:46–49, 53–57

**Meditate:** What is the result of Joseph’s responsible actions?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, when should you practice responsibility?

**Three ways I can practice Responsibility:**

1. I

2. I

3. I

Name \_\_\_\_\_

Definition of Sincerity:

Opposing Trait:

Sincerity Looks Like:

Sincerity Sounds Like:

**Pick one and write a sentence about how they were sincere:** St. Peter Claver, St. Anthony of Padua, St. Vincent Ferrer, St. Augustine of Canterbury

**Scripture Passage:** Read Sirach 6:56

**Meditate:** Who do you make your confidant?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, when and how should you practice sincerity?

**Three ways I can practice Sincerity:**

1. I

2. I

3. I

Name \_\_\_\_\_

Definition of Trustworthiness:

Opposing Trait:

Trustworthiness Looks Like:

Trustworthiness Sounds Like:

**Pick one and write a sentence about how they were trustworthy:** Bl. Anne-Marie Javouhey, St. Tarcisius, St. Bernard, St. Agnes of Montepulciano

**Scripture Passage:** Read Matthew 24:45-47

**Meditate:** According to the Scripture, how do you know someone is trustworthy?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, how could you practice trustworthiness?

**Three ways I can practice Trustworthiness:**

1. I

2. I

3. I

**Name** \_\_\_\_\_

**Definition of Circumspection:**

**Opposing Trait:**

**Circumspection Looks Like:**

**Circumspection Sounds Like:**

**Pick one and write a sentence about how they practiced circumspection:** Bl. Miguel Pro, St. John Baptist de la Salle, St. Jane Frances de Chantel, St. Edmund Campion

**Scripture Passage:** Read Luke 14:28-30

**Meditate:** What example does Jesus use where circumspection is needed?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, what can you do to practice circumspection?

**Three ways I can practice Circumspection:**

1. I

2. I

3. I

Name \_\_\_\_\_

Definition of Docility:

Opposing Trait:

Docility Looks Like:

Docility Sounds Like:

**Pick one and write a sentence about how they practiced docility:** St. Dominic Savio, St. Juan Diego, Bl. Francisco and Bl. Jacinta Marto, St. Miguel Febres Cordero

**Scripture Passage:** Read 1 Samuel 3:1-10, Sirach 6:32-34

**Meditate:** What is a docile person like?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, what can you do to practice docility?

**Three ways I can practice Docility:**

1. I

2. I

3. I

Name \_\_\_\_\_

Definition of Foresight:

Opposing Trait:

Foresight Looks Like:

Foresight Sounds Like:

**Pick one and write a sentence about how they practiced foresight:** St. John Bosco, St. Frances Xavier Cabrini, Ven. Pope Pius XII, St. Gregory the Great

**Scripture Passage:** Read Matthew 25:1-13

**Meditate:** Who had foresight in the parable and how did they practice it?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, when should you practice foresight?

**Three ways I can practice Foresight:**

1. I

2. I

3. I



Name \_\_\_\_\_

Definition of Industriousness:

Opposing Trait:

Industriousness Looks Like:

Industriousness Sounds Like:

**Pick one and write a sentence about how they were industrious:** St. Cyril and St. Methodius, St. Bede, St. John Neumann, St. Anthony Mary Claret



**Scripture Passage: Read Colossians 3:23-24**

**Meditate:** Why should you do tasks diligently? What does it say about you when you don't follow through with tasks?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, how could you practice industriousness?

**Three ways I can practice industriousness:**

1. I

2. I

3. I



Name \_\_\_\_\_

Definition of Magnanimity:

Opposing Trait:

Magnanimity Looks Like:

Magnanimity Sounds Like:

**Pick one and write a sentence about how they were magnanimous:** St. Philip Neri,  
St. Louis de Montfort, St. Paul Miki, St. Turibius of Mongrovejo



**Scripture Passage:** Read Matthew 28:16–20

**Meditate:** What great work does Jesus tell us to do?

**Pray:** Write a short prayer based on the Scripture.

**Action:** How do you proclaim Christ with a "large-soul"?

**Three ways I can practice Magnanimity:**

1. I

2. I

3. I



Name \_\_\_\_\_

Definition of Magnificence:

Opposing Trait:

Magnificence Looks Like:

Magnificence Sounds Like:

**Pick one and write a sentence about how they were magnificent:** St. Pope John Paul II, St. Maximilian Kolbe, St. Genevieve, St. Alban



**Scripture Passage:** Read Matthew 25:14-29

**Meditate:** What does God want you to do with the talents He has given you?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Identify a talent God has given you that you can use to serve Him.

**Three ways I can practice Magnificence:**

1. I

2. I

3. I



Name \_\_\_\_\_

Definition of Patience:

Opposing Trait:

Patience Looks Like:

Patience Sounds Like:

**Pick one and write a sentence about how they were patient:** Bl. Teresa of Calcutta, St. Alphonsus Liguori, St. Gianna Molla, St. Athanasius



**Scripture Passage:** Read James 5:7-8 and 2 Corinthians 12:9-10

**Meditate:** How do the apostles handle difficulties and waiting?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, how could you practice patience?

**Three ways I can practice Patience:**

1. I

2. I

3. I



Name \_\_\_\_\_

Definition of Perseverance:

Opposing Trait:

Perseverance Looks Like:

Perseverance Sounds Like:

**Pick one and write a sentence about how they persevered:** St. Monica,  
Servant of God Elisabeth Leseur, St. Peter the Apostle, St. Maria Venegas de la  
Torre



**Scripture Passage:** Read Hebrews 12:1-2, 11

**Meditate:** What does perseverance help you to do? What did Jesus persevere through?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, how could you practice perseverance?

**Three ways I can practice Perseverance:**

1. I

2. I

3. I

Name \_\_\_\_\_

Definition of Honesty:

Opposing Trait:

Honesty Looks Like:

Honesty Sounds Like:

**Pick one and write a sentence about how they were honest:** St. Stephen, St. Bridget of Sweden, Bl. Henry Suso, St. John Chrysostom

**Scripture Passage:** Read Acts 5:1-10

**Meditate:** How were Ananias and Sapphira dishonest? Why did they lie?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, why should you practice honesty?

**Three ways I can practice honesty:**

1. I

2. I

3. I

Name \_\_\_\_\_

Definition of Humility:

Opposing Trait:

Humility Looks Like:

Humility Sounds Like:

**Pick one and write a sentence about how they practiced humility:** St. Bernadette Soubirous, St. Bonaventure, St. Joseph of Cupertino, St. Gemma Galgani

**Scripture Passage:** Read Philippians 2:3-11

**Meditate:** Who is the model of humility? How was he humble?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, when and how can you practice Humility?

**Three ways I can practice Humility:**

1. I

2. I

3. I

**Name** \_\_\_\_\_

**Definition of Meekness:**

**Opposing Trait:**

**Meekness Looks Like:**

**Meekness Sounds Like:**

**Pick one and write a sentence about how they practiced meekness:** Ven. Pierre Toussaint, St. John de Britto, Bl. Anthony Grassi, St. Thérèse of the Child Jesus

**Scripture Passage:** Read Proverbs 20:3 and Ephesians 4:26–27

**Meditate:** Why is it wise to control your anger instead of giving in to it?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, when should you practice meekness?

**Three ways I can practice Meekness:**

1. I

2. I

3. I

**Name** \_\_\_\_\_

**Definition of Moderation:**

**Opposing Trait:**

**Moderation Looks Like:**

**Moderation Sounds Like:**

**Pick one and write a sentence about how they practiced moderation:** St. John XXIII, St. John of God, Bl. John Henry Newman, St. Francis de Sales

**Scripture Passage:** Read Proverbs 25:16, 17

**Meditate:** What example of moderation is used in Proverbs?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, what can you do to practice moderation?

**Three ways I can practice Moderation:**

1. I

2. I

3. I

Name \_\_\_\_\_

Definition of Modesty:

Opposing Trait:

Modesty Looks Like:

Modesty Sounds Like:

**Pick one and write a sentence about how they were modest:** St. Maria Goretti, St. Thomas Aquinas, St. Andre Bessette, St. Bruno

**Scripture Passage:** Read 1 Corinthians 3:5-7, 6:19-20

**Meditate:** What does it mean to be modest in thought, word, and action?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, what can you do to practice modesty?

**Three ways I can practice Modesty:**

1. I

2. I

3. I

Name \_\_\_\_\_

Definition of Orderliness:

Opposing Trait:

Orderliness Looks Like:

Orderliness Sounds Like:

**Pick one and write a sentence about how they practiced orderliness:** St. Benedict, Bl. Humbert of Romans, St. Raymond of Peñafort, St. Albert the Great

**Scripture Passage: Read Psalm 8**

**Meditate:** How can you tell order is something of God? What does the psalmist praise God for?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, what can you do to practice orderliness?

**Three ways I can practice Orderliness:**

1. I

2. I

3. I

Name \_\_\_\_\_

Definition of Self-Control:

Opposing Trait:

Self-Control Looks Like:

Self-Control Sounds Like:

**Pick one and write a sentence about how they practiced self-control:** St. Perpetua, St. Anthony of Egypt, Bl. Charles de Foucauld, St. Kateri Tekakwitha

**Scripture Passage:** Read Proverbs 25:28

**Meditate:** How is a person with no self-control like an open city with no defenses?

**Pray:** Write a short prayer based on the Scripture.

**Action:** Thinking about the Scripture, when should you practice self-control?

**Three ways I can practice Self-Control:**

1. I

2. I

3. I



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