



# SUGGESTED SCHEDULE

\*This breakdown helps you use our online video course to teach one virtue each week (weekdays), or to cover a virtue on your own schedule, such as every other week or once a month in five, fifteen-minute segments.

DAY 1 (MONDAY)	DAY 2 (TUESDAY)	DAY 3 (WEDNESDAY)	DAY 4 (THURSDAY)	DAY 5 (FRIDAY)
Show “Learn” Lesson for the Virtue (approx. 7 min)	Continue worksheet from Day 1	Show “Live” Lesson (approx. 4 min)	Show “Witness” Lesson (approx. 6 min.)	“Pray” Lesson: Show video and complete journaling worksheet. (approx. 20 minutes.)
Begin a worksheet	*Day 2 and 3 can be combined, if desired.	Complete Worksheet.		
<i>Worksheet options:</i> <ul style="list-style-type: none"> <li>• Looks Like-Sounds Like</li> <li>• Opposing Traits Worksheet</li> <li>• Ways to Cultivate Worksheet</li> <li>• Create your own virtue card Worksheet</li> </ul>		<i>Optional Worksheet: Storyboard Comic Strip</i>	<i>Optional Worksheet: Saint Coloring Page</i>	<i>Worksheet is essential to this activity. Don’t forget to print it.</i>

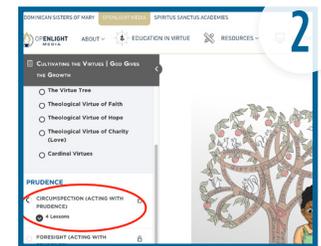
## CULTIVATING THE VIRTUES

GOD GIVES THE GROWTH

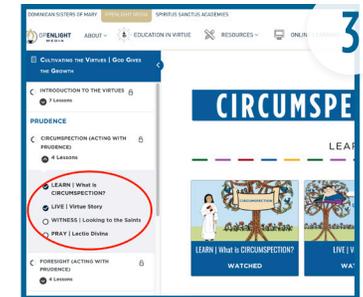
### EASY NAVIGATION:

1. Go to: <https://openlightmedia.com/courses/cultivating-virtues/lessons/introduction-to-the-virtues/>

2. From the left side-bar menu, click the virtue you want to cover.



3. Then click the lesson you need. (Learn, Live, Witness, or Pray)



4. The video lesson can be found to the right; the worksheets are below the video.

