



Week	Virtue	Meaning	Opposing Trait	Ways to Cultivate	Prayer
8/11/25	Hope	Enables one to desire God above all things and to trust Him for personal salvation			O Lord God, I hope by Your grace for the pardon of all my sins and after life here to gain eternal happiness because You have promised it, Who are infinitely powerful, faithful, kind, and merciful. In this hope, I intend to live and die. Amen.
8/18/25	Charity	Enables one to love as God Himself loves, to love God above all things, and one's neighbor as oneself			O my God, I love You above all things with my whole heart and soul because You are all good and worthy of all my love. I love my neighbor as myself for the love of You. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.
8/25/25	Prudence	Enables one to reason and to act rightly in any given situation—"right reason in action"	Being hasty or rash in one's words or actions	Pray for guidance. Seek sound advice. Think about the situation. Act upon the decision.	Dear Jesus, in my thoughts, words, and actions I can give You praise. Always grant me the grace to know the truth, to speak always what is right, and to follow You in all I do.
9/1/25	Justice	Enables one to give to each, beginning with God, what is due him	Failing to see what is owed to each by virtue of his dignity	Recognize what is due to God first and then to others.	Dear Jesus, You are the Author of all life, and I give You praise. Help me see and serve You in everyone I meet today.
9/8/25	Orderliness	Keeping oneself physically clean and neat and one's belongings in good order	Disorder with regard to one's space and physical appearance	Establish order in one's daily life; keep one's space and appearance orderly and clean.	O Infinite Beauty, in Your wisdom, You created all things with perfect order. Orderliness brings peace, beauty, harmony, and joy! Please help me to keep order in my own life so that I may respect those things You have entrusted to me.

9/15/25	Docility	Willingness to be taught	Being stubborn, inflexible, and proudly set in one's ways	Listen to others and be willing to follow directions; thank others for rightful corrections.	Dear Jesus, You are my teacher in every situation! Before acting on important matters, please give me the humility to seek Your wisdom and the wisdom of others, in order to make the best decision. Give me the gift of counsel so that I may do Your holy will in each situation.
9/22/25	Obedience	Listening and assenting to rightful authority without hesitation or resistance	Resisting the directives of rightful authority	Listen to rightful authority; follow directions; give a prompt response.	Dear Jesus, You are God, and yet You were obedient to Mary and Joseph. Help me to do all that my parents and teachers ask of me—promptly, joyfully, and completely. This virtue pleases You more than all other sacrifices!
9/29/25	Responsibility	Fulfilling one's just duties; accepting the consequences of one's words and actions, intentional and unintentional	Failing to accept responsibility for one's words and/or actions; being unreliable	Be accountable for one's personal actions and decisions at home, at school, and in personal relationships.	Dear Jesus, please help me to be faithful in all the duties You have entrusted to me this day, fulfilling each with great care and love!
10/6/25	Foresight	Consideration of the consequences of one's actions; thinking ahead	Failing to consider later consequences	Pray, think, act; learn how to gather information to make a decision; plan out long-term and short-term goals.	Dear Jesus, when I come upon situations that require serious thought, please send your Holy Spirit to guide me, that I may always do Your holy will. Guide me with Your counsel, and give me the courage to act rightly when it is difficult.
10/13/25	Gratitude	Thankful disposition of mind and heart	Not expressing appreciation; taking other people and things for granted	Count the good things (blessings) in one's life; express gratitude even when it is difficult.	Dear Jesus, Please give me a thankful heart, realizing that all I have comes from You.
10/20/25	Courtesy	Treating other people with respect, recognizing that all are made in God's image and likeness	Not recognizing the inherent dignity of others made in God's image and likeness	Be aware of others' feelings and expressions; be polite, well-mannered.	Dear Jesus, help me to show respect toward others in my words, manners, and body language.

10/27/25	Industriousness	Diligence, especially in work that leads to natural and supernatural maturity	Giving in to a lack of motivation to complete one's responsibilities; being lazy	Diligently complete a task; set small goals along the way.	Heavenly Father, You have given me the gift of this day, the gift of this moment. Help me to use my time well. Give me the grace to do all for Your greater glory.
11/3/25	Circumspection	Careful consideration of circumstances and consequences	Considering only oneself when acting	Seek advice; silently reflect upon the circumstances and consequences of one's actions (memory).	Dear Jesus, my actions affect not just myself, but others. Please give me the wisdom to think before acting. Please give me the gift of counsel, that I may act in the best way at each moment of the day.
11/10/25	Patriotism	Paying due honor and respect to one's country, with a willingness to serve	Lacking regard or respect for one's country and national symbols	Show respect for your country's flag; speak respectfully about government officials; recite the Pledge of Allegiance.	Dear Jesus, please bless my country and all those who work hard to lead it. May You always be King of this land. May You be glorified through its government and laws. Give me a heart of service, especially toward those who are weak and defenseless.
11/17/25	Magnanimity	Seeking with confidence to do great things in God; literally "having a large soul"	Seeking to do great things for self-promotion—not seeking to do the good that is possible—pusillanimity (a.k.a. spinelessness)	Acknowledge the good in others when it is difficult; strive to do difficult tasks with God's grace.	Sacred Heart of Jesus, You loved us even to the point of death. Give me a big heart! Give me Your heart! Help me to love others with all my heart!
11/24/25	Patience	Bearing present difficulties calmly	Being impatient while completing a difficult task or in handling challenging circumstances	Listen to others; wait for one's turn; tolerate inconveniences and annoyances without complaining.	Dear God, help me to wait without complaining, to see You in my neighbor, and to let Your grace enter this moment so that I may not lose my patience.
12/1/25	Prayerfulness	Being still, listening, and being willing to talk to God as a friend	Entertaining distractions during prayers and Mass	Cultivate a spirit of prayer and recollection; maintain the proper posture (kneeling, sitting still, etc.).	Dear Jesus, I desire to have You as my best friend. Give me a desire to spend time with You each day, as I do with my friends. Help me always to put You first in my life, even when I am busy.

12/8/25	Humility	Awareness that all one's gifts come from God and appreciation for the gifts of others	Failing to recognize the gifts of others; being too proud or having false humility	Show deference to others; acknowledge the accomplishments of others; look at one's strengths and weaknesses honestly	Dear Jesus, You said, "Learn from Me, for I am meek and humble of heart" (Matthew 11:29). You are God, yet You became little out of love for me. I desire to become little for love of You. Help me to be honest about my strengths and weaknesses. May You be glorified in everything that I do.
12/15/25	Kindness	Expressing genuine concern about the well-being of others; anticipating their needs	Not regarding the well-being of others, being cruel in looks, words, and actions	Practice speaking, thinking, and acting kindly.	Dear Jesus, You are kindness itself. I desire to show charity toward my neighbor through my thoughts, words, and actions. When others meet me, let them meet YOU in me!
12/22/25	Fortitude	Enables one to endure difficulties and pain for the sake of what is good	Choosing the easiest task; being cowardly; being insensible to fear	Withstand difficulties; complete hard tasks.	Dear Jesus, alone I am weak, but with You I can do all things. Give me the grace to be strong against temptations and bold in proclaiming You and Your Church on earth.
12/29/25	Magnificence	Doing great things for God	Being wasteful; not responding to grace	Use one's talents for the good; act with generosity toward others.	Dear Jesus, sometimes I do not want to do the right thing. Sometimes I am lazy with my love. Help me now to do the right thing for You and to do all things, great or small, with great love.
1/5/26	Respect	Speaking and acting according to one's own and others' rights, status, and circumstances	Resisting the directives of rightful authority	Be respectful in words and actions (body language); allow others to go first.	Dear Jesus, help me to show reverence to people who are in authority over me as I would to You. And help me give all persons the honor they deserve as Your unique creations.
1/12/26	Sincerity	Trustfulness in words and actions; honesty and enthusiasm toward others	Speaking or acting in a manner only to make oneself look good; being insincere	Tell the whole truth; build trust by words and actions; state what one is sorry for.	Dear Jesus, please give me the grace to be honest in all my words and actions. When someone is speaking, give me the patience to listen attentively.
1/19/26	Affability	Being easy to approach and easy to talk to; friendly	Being mean, unkind, cruel, or unflattering	Smile; acknowledge the presence of other people and take time to listen to them.	Jesus, King of my heart, You were kind to the little children who came to You. Be my strength as I try to be good to all those I meet today.

1/26/26	Modesty	Purity of heart in action, especially in regard to dress and speech	Choosing to dress or act in a way inconsistent with one's dignity as a child of God	Follow the dress code; recognize your dignity as a person; ask yourself if you are respecting yourself as a child of God.	Dear Jesus, Give me a pure heart like that of Your Holy Mother! Through Baptism, I have the gift of the Holy Spirit living inside of me. Please increase in me the gift of the fear of the Lord, so that I may never sadden You by the way I dress, act, or speak.
2/2/26	Trustworthiness	Acting in a way that inspires confidence and trust; being reliable	Being devious or deceptive	Perform actions that restore and maintain trust; act with fidelity in small matters.	Dear Jesus, help me to be faithful in even the little things of each day. In Your eyes nothing is little when done with great love!
2/9/26	Courtesy	Treating other people with respect, recognizing that all are made in God's image and likeness	Not recognizing the inherent dignity of others made in God's image and likeness	Be aware of others' feelings and expressions; be polite, well-mannered.	Dear Jesus, help me to show respect toward others in my words, manners, and body language.
2/16/26	Generosity	Giving of oneself in a willing and cheerful manner for the good of others	Giving without a spirit of cheer, with a begrudging manner	Be self-giving; focus on one act of charity/ kindness each day; share.	Dear Jesus, let me share myself with others as You share Your life with me.
2/23/26	Self-Control	Joyful mastery over one's passions and desires	Being excessive in words or actions, acting impulsively	Master one's desires; practice restraint in regard to words and actions.	Dear Jesus, thank You for all the desires You have given me, because they remind me of the desire in my heart that only You can fill! Help me to control my tongue when I am supposed to be silent; my hands when I am supposed to keep them to myself; my eyes when I am supposed to be focused on a particular person or thing; and my ears to listen to only those things I am supposed to hear.
3/2/26	Meekness	Serenity of spirit while focusing on the needs of others	Giving in to anger and losing one's temper when working or playing with others	Remain calm; allow others to go first; wait without complaining.	Dear Jesus, please be King of my heart, especially when I am frustrated or angry. In those moments give me the grace to use all my emotions for the good.

3/9/26	Foresight	Consideration of the consequences of one's actions; thinking ahead	Failing to consider later consequences	Pray, think, act; learn how to gather information to make a decision; plan out long-term and short-term goals.	Dear Jesus, when I come upon situations that require serious thought, please send your Holy Spirit to guide me, that I may always do Your holy will. Guide me with Your counsel, and give me the courage to act rightly when it is difficult.
3/16/26	Moderation	Attention to balance in one's life	Giving in to being excessive in one or more areas of one's life	Set limits for oneself; create a balance in one's life by limiting the use of media, consumption of additional food and drink, etc.	Dear Jesus, help me to keep a balance in my life, using created things properly and in the right amount that is best for me. I need Your help to set limits for myself in doing things that I enjoy such as playing video games, playing outside, eating, and using my phone and the internet. Lead me on Your way of happiness!
3/23/26	Honesty	Sincerity, openness, and truthfulness in one's words and actions	Being dishonest in words and actions; telling lies	Live uprightly in words and actions; recognize that "God sees the heart."	Dear Jesus, You said, "I am the Truth" (John 14:6). You have made me for Truth, because You have made me for Yourself. Help me to be honest in all that I say and do, that I might know true happiness in You!
3/30/26	Perseverance	Taking the steps necessary to carry out objectives in spite of difficulties	Quickly giving up when a task is challenging	Complete a task from start to finish; stay with a task when it is hard, difficult, or boring.	Dear Jesus, You carried Your cross to Calvary even though You were tired, weak, and hurting. Please give me strength not to give up when life gets hard. Help me keep my eyes on You and Your kingdom, so I can do what is right even when I am tired and afraid.
4/6/26	Gratitude	Thankful disposition of mind and heart	Not expressing appreciation; taking other people and things for granted	Count the good things (blessings) in one's life; express gratitude even when it is difficult.	Dear Jesus, Please give me a thankful heart, realizing that all I have comes from You.

4/13/26	Prayerfulness	Being still, listening, and being willing to talk to God as a friend	Entertaining distractions during prayers and Mass	Cultivate a spirit of prayer and recollection; maintain the proper posture (kneeling, sitting still, etc.).	Dear Jesus, I desire to have You as my best friend. Give me a desire to spend time with You each day, as I do with my friends. Help me always to put You first in my life, even when I am busy.
4/20/26	Fortitude	Enables one to endure difficulties and pain for the sake of what is good	Choosing the easiest task; being cowardly; being insensible to fear	Withstand difficulties; complete hard tasks.	Dear Jesus, alone I am weak, but with You I can do all things. Give me the grace to be strong against temptations and bold in proclaiming You and Your Church on earth.
4/27/26	Faith	Enables one to know God and all He has revealed			O my God, I firmly believe that You are One God in Three Divine Persons, Father, Son, and Holy Spirit; I believe that Your Divine Son became man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because You have revealed them, Who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.
5/4/26	Magnificence	Doing great things for God	Being wasteful; not responding to grace	Use one's talents for the good; act with generosity toward others.	Dear Jesus, sometimes I do not want to do the right thing. Sometimes I am lazy with my love. Help me now to do the right thing for You and to do all things, great or small, with great love.
5/11/26	Loyalty	Accepting the bonds implicit in relationships and defending the virtues upheld by Church, family, country, friends, and school	Breaking bonds of trust with Church, family, country, friends, and school	Seek to do one's best to help others; follow rules; fulfill responsibilities; be faithful to commitments.	Dear Jesus, help me to be steadfast in my relationships and faithful to the duties those relationships entail, even when this may be difficult.

5/18/26	Modesty	Purity of heart in action, especially in regard to dress and speech	Choosing to dress or act in a way inconsistent with one's dignity as a child of God	Follow the dress code; recognize your dignity as a person; ask yourself if you are respecting yourself as a child of God.	Dear Jesus, Give me a pure heart like that of Your Holy Mother! Through Baptism, I have the gift of the Holy Spirit living inside of me. Please increase in me the gift of the fear of the Lord, so that I may never sadden You by the way I dress, act, or speak.
5/25/26	Patriotism	Paying due honor and respect to one's country, with a willingness to serve	Lacking regard or respect for one's country and national symbols	Show respect for your country's flag; speak respectfully about government officials; recite the Pledge of Allegiance.	Dear Jesus, please bless my country and all those who work hard to lead it. May You always be King of this land. May You be glorified through its government and laws. Give me a heart of service, especially toward those who are weak and defenseless.
6/1/26	Temperance	Enables one to be moderate in the pleasure and use of created goods	Intemperance; overindulging in a good thing	Exercise the freedom to say "no" to one's wants and desires.	Heavenly Father, You surround me with good things. I ask for the grace to use Your gifts rightly, allowing You to control my desires for the things You put into my life.
6/8/26	Obedience	Listening and assenting to rightful authority without hesitation or resistance	Resisting the directives of rightful authority	Listen to rightful authority; follow directions; give a prompt response.	Dear Jesus, You are God, and yet You were obedient to Mary and Joseph. Help me to do all that my parents and teachers ask of me—promptly, joyfully, and completely. This virtue pleases You more than all other sacrifices!
6/15/26	Orderliness	Keeping oneself physically clean and neat and one's belongings in good order	Disorder with regard to one's space and physical appearance	Establish order in one's daily life; keep one's space and appearance orderly and clean.	O Infinite Beauty, in Your wisdom, You created all things with perfect order. Orderliness brings peace, beauty, harmony, and joy! Please help me to keep order in my own life so that I may respect those things You have entrusted to me.
6/22/26	Kindness	Expressing genuine concern about the well-being of others; anticipating their needs	Not regarding the well-being of others, being cruel in looks, words, and actions	Practice speaking, thinking, and acting kindly.	Dear Jesus, You are kindness itself. I desire to show charity toward my neighbor through my thoughts, words, and actions. When others meet me, let them meet YOU in me!

6/29/26	Humility	Awareness that all one's gifts come from God and appreciation for the gifts of others	Failing to recognize the gifts of others; being too proud or having false humility	Show deference to others; acknowledge the accomplishments of others; look at one's strengths and weaknesses honestly	Dear Jesus, You said, "Learn from Me, for I am meek and humble of heart" (Matthew 11:29). You are God, yet You became little out of love for me. I desire to become little for love of You. Help me to be honest about my strengths and weaknesses. May You be glorified in everything that I do.
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