



# Change Requires Effort

*living life with dignity and moderation*

Change is possible. Change requires three things; a vision, a plan, and effort. It requires changing bad habits to good habits. It requires effort even when I don't feel like working. It requires taking one step at a time.



# Courage Requires Fortitude

*living with courage and commitment*

Courage is risk for a reason, not risk for a thrill; courage requires I moderate my impulses and emotions. Courage leads me to consider the heroic journey in which people live for purposes bigger than themselves and their wants and needs.



# Integrity Requires Wholeness

*living out integrity and reflective justice*

Integrity requires that the way I live my life is whole, entire, undivided, sound, coherent and principled. Integrity moves me to do difficult and new things not just easy and accustomed things.



# Justice Requires Restraint

*living out justice for all people and the earth*

There are things I cannot say or do to myself, any other person, or the planet because justice demands it. The actions I take and the decisions I make must respect the rights of all.



# Kindness Requires Empathy

Kindness is the desire to lift others' spirits, help the ones in need, and mend relationships. Kindness requires that I take the time to listen, understand, and take action to benefit other people and the world



# Leadership Requires Engagement

*engaging life fully for the common good*

Leaders develop and dedicate their talents to promote the common good. This is where they choose to spend their time and effort. Leadership requires positive civic engagement. It is making sure that the communities I am part of are better because I am in them. And that I am better because of the communities I choose to be part of.



# Resourcefulness Requires Initiative

Being resourceful means applying my knowledge and skills to solve problems creatively and independently. It requires that I keep trying even when solutions do not come easily.



# Responsibility Requires Action

*living life with responsibility every day*

Responsibility is the active side of morality: doing what I should do, doing what I say I will do, doing what is best for everybody; especially doing the one thing I should be doing right now.