

The background of the entire page is decorated with a pattern of black circles and arcs of varying sizes, scattered across the white space.

# SECONDARY MOTTOES

## Years 7 - 9

(in three year cycle)

## YEAR 1

## TERM I

*Virtue: Good Use of Time*

**Ideas**

<b>Week 1</b>	<b>I have a plan for my afternoons and evenings.</b>	New year – start with a new plan for evenings – to fit in homework and all the other things you want and need to do.
<b>Week 2</b>	<b>I strive to start on time.</b>	Punctuality saves my time and other people's time. It is a good habit which helps me grow out of laziness and self centredness.
<b>Week 3</b>	<b>I make use of the minutes between classes</b>	Once time is gone, it never comes back. Busy people get the most done in life because they know how to use spare moments.
<b>Week 4</b>	<b>Imagination + free time = great time.</b>	Time is useless unless it is used well. Do I plan out my free time? Do I think of things to do with my friends? Do I develop interests and musical skills?

*Virtue: Strength and Constancy*

<b>Week 5</b>	<b>Why whinge?</b>	A cheerful person has plenty of friends. A calm person has an inner strength which reassures others. Self centred goals can never make me happy.
<b>Week 6</b>	<b>Good deeds fix needs.</b>	When I do things which help my parents and family I am much happier. I have won a little victory to be more generous.
<b>Week 7</b>	<b>I eat a little more of what I don't like.</b>	Hopefully I have grown out of fussy eating and being hard to please. We should be able to say, "Don't worry about me, mum."
<b>Week 8</b>	<b>I smile even when it's tough.</b>	Smiling can sometimes be a result of feeling good. But at other times, the deep conviction that I have a supernatural destiny, heaven, and that God looks after me, will be the cause of my cheerfulness.
<b>Week 9</b>	<b>I know how to relax by changing activity, not by doing nothing.</b>	The most effective relaxation is a change of activity. Idleness brings its own problems. Do I put plenty of creativity into my free time?
<b>Week 10</b>	<b>If you refuse to accept from yourself anything but the best, you very often get it.</b>	Do I cut corners? Do I leave out bits of homework? Do I rush to finish or write the minimum? Have I realised that once a person is an adult he must set his own challenging standard?

## YEAR 1

## TERM II

*Virtue: Generosity*

**Ideas**

<b>Week 1</b>	<b>Some give away things they can replace; But I give my time.</b>	When I am generous I find time to help others, to talk about topics they are interested in, to visit them when they are sick, etc...
<b>Week 2</b>	<b>Teasing is another way of holding a grudge.</b>	Generosity and giving means, first of all, <u>forgiving</u> . Not forgiving others, or criticising, mocking or teasing them, suggests that we think we are better than those people. How proud we can be!
<b>Week 3</b>	<b>I make life fairer when I share.</b>	When I have money or possessions, I am the <u>administrator</u> of these things. I have a duty to use them well, not selfishly and carelessly.
<b>Week 4</b>	<b>My ambition is to learn to listen.</b>	Listening to others means giving attention to <u>their</u> thoughts, not only to our own. Only if I am a good listener will I understand others and develop true friends.
<b>Week 5</b>	<b>I stop what I am doing when it is time to help.</b>	Punctuality, helping when the help is needed, putting aside our own preferences: what excellent

		ways to put others first, learn to be generous, and learn to put more love into family life.
--	--	--

**Virtue: *Attention to Detail***

<b>Week 6</b>	<b>I plan it out on paper.</b>	I should get into the habit of listing jobs, responsibilities and deadlines. Do I plan my revision <u>in detail</u> ?
<b>Week 7</b>	<b>I'm neater now than I ever was.</b>	Untidiness from rushing us just carelessness. The solution is to keep myself focussed on the details...ruled lines, layout and handwriting.
<b>Week 8</b>	<b>Courtesy is contagious.</b>	Courtesy: on the phone, at the dinner table, in sharing with others in my family, in avoiding any nastiness or sarcasm, in being on time, in smiling in the morning, in being called only once...
<b>Week 9</b>	<b>The order in my room amazes me!</b>	Is my desk clear? Do I make it easy to clean the floor by keeping clutter off it? Is there anything that is not put in the proper place in my room?

**YEAR 1**

**TERM III**

**Virtue: *Perseverance***

**Ideas**

<b>Week 1</b>	<b>Improve your performance by improving your attitude.</b>	Goals are reached when a person is tough inside. Am I determined to face the facts about my performance and then do something about it? Set goals for the term.
<b>Week 2</b>	<b>Strong character is tough on the inside.</b>	It is easier to be tough on others rather than on oneself. Do I talk positively, smile when it's hard, <u>do</u> things for others when I feel miserable ... or am I hard to live with?
<b>Week 3</b>	<b>The only job where you start on top is digging a hole.</b>	Sometimes we can feel like quitting when we don't get quick results. Do I know how to ask for advice? Do I set realistic revision schedules for study? Do I get discouraged with assignment or test results?
<b>Week 4</b>	<b>Winners do what losers don't want to do.</b>	Tenacity is learned by keeping focus on a goal. No problem should be too big for us. Do I know how to have another go at things?
<b>Week 5</b>	<b>Never, never, ever give "up"!</b>	Do I finish everything that I start? Do I stick to my study/homework plan? Do I "escape" from jobs without finishing them well?

**Virtue: *Piety***

<b>Week 6</b>	<b>I don't wear different faces in different places.</b>	Do I behave one way in front of my parents and differently elsewhere or on my own? Double standards are a sign of a weak personality ... and of forgetting that we spend every moment in the presence of God.
<b>Week 7</b>	<b>Seven days without prayer makes one weak.</b>	Daily prayer is an absolute must. There are no saints who did not pray ... and that is the goal of our lives: Sanctity ... to be with God in Heaven.
<b>Week 8</b>	<b>I spend a little time with Our Lord.</b>	Generosity is needed to visit Our Lord in the chapel. Do I drop in when I arrive and when I leave school ... it is good manners.
<b>Week 9</b>	<b>I know how to say sorry to others and to God.</b>	Regular confession is one of the greatest habits a person can develop in his life ... with it comes a

		constant supply of grace, and a true sense of how much God wants us to rely on Him in life.
<b>Week 10</b>	<b>The saints are the sinners who keep on trying.</b>	Do we try and make a plan of life for each day including some time for prayer? Do we do something very concrete for our Lord each day? If we let our Lord down do we begin again with a new resolution the next day?

## YEAR 1

## TERM IV

### Virtue: *Sincerity*

### Ideas

<b>Week 1</b>	<b>Hold yourself responsible for a higher standard than anyone else expects of you. Never excuse yourself.</b>	Have I learned to set my own goals? ...And then to be honest with myself about whether I am achieving them? What are my goals for the fourth term?
<b>Week 2</b>	<b>Look people in the eye.</b>	Personal bearing is, in some way, a reflection of what our thoughts are? Am I learning to think well of all others, greet them authentically, and look at them with an open face?
<b>Week 3</b>	<b>Ask yourself if you spend your life at the complaints counter.</b>	Complaining is a sign of a weak character, of a person who still needs more optimism, patience and strength. When there is a genuine problem my suggestions should <u>only</u> go to the right person and I should roll my sleeves up to help fix the situation.
<b>Week 4</b>	<b>I don't pretend to be different from my real self.</b>	Sincerity means that our thoughts correspond to our words and actions. This is undermined when I try to copy others, live up to an image, look for popularity or have very different ways of behaving at home compared with when I am with friends.
<b>Week 5</b>	<b>I say what I think, and I do what I say.</b>	Keeping my word, only thinking and saying charitable thoughts, not making promises that I don't intend to keep, <u>always</u> telling the truth, particularly at home to my parents. Be ready to ask questions about things I don't know.
<b>Week 6</b>	<b>If I don't know I ask, if I do know I help someone else.</b>	Sincerity also means being straightforward. In class how many questions do I ask? Do I look for advice from my parents and tutor? Do I boast about things I know, or am I grateful to my parents and teachers and try to share my knowledge with others? Do I help my teammates? Do I have patience with my little brothers and sisters?

### Virtue: *Moderation*

<b>Week 7</b>	<b>Never take action when you are angry.</b>	When we are angry or upset our emotions are involved and our judgment clouded. Almost always, in any case, anger is just a lack of self-control.
<b>Week 8</b>	<b>Listen more and talk less.</b>	Besides all its positive aspects talking can sometimes be motivated by a desire for attention from others. We need to make a conscious effort to listen more and to give others attention. Nobody has ever learned anything by talking.
<b>Week 9</b>	<b>I am able to go without things that I like.</b>	We live in a consumer society and it is easy to fall into the trap of looking on non-necessary and luxury items as absolutely essential. In order to prevent happiness becoming too attached to things, it is good sometimes to go without.

<b>Extra</b>	<b>I am not a chronic impulse snacker.</b>	Do I have the will power to keep out of the fridge...to keep money <u>in</u> my pocket and drinks <u>out</u> of my mouth? Does my happiness depend on eating constantly?
<b>Extra</b>	<b>I try to broaden my tastes in music, food and reading.</b>	Fixations on one type of book, and favourite foods and TV programmes will give me a blinkered, stunted view of life. Do I <u>try</u> to appreciate things I do not understand or know much about? This takes time.

YEAR 2		TERM I
Virtue: <i>Personal Presentation and Bearing</i>		Ideas
<b>Week 1</b>	<b>A personal presentation checklist.</b>	<ol style="list-style-type: none"> <li>1. Clothing: clean, neat, worn as it is designed to be worn.</li> <li>2. Cleanliness and hygiene (including nails, ears, hair, using a personal deodorant).</li> <li>3. Looking at others when talking to them. Smiling. Talking clearly.</li> </ol>
<b>Week 2</b>	<b>A second personal presentation checklist.</b>	<ol style="list-style-type: none"> <li>1. Uniform: clean and pressed; not outgrown or unmended. Ties done up, socks up, shirts in, shoes polished.</li> <li>2. A haircut which is not designed to draw attention to myself.</li> <li>3. Knowing how to shake hands, talk confidently and stand/sit without slouching or fidgeting.</li> </ol>
<b>Week 3</b>	<b>Courtesy makes company the centre of attention.</b>	I focus all my attention on the person I am talking to. I am able to converse with others about a wide range of topics. I try to expand my own interests. I avoid talking excessively about my own activities and “world”.
<b>Week 4</b>	<b>An open smile shows an open heart.</b>	Cheerfulness is a way of serving others and of opening up friendships. Do I try to smile at each person that I meet, when I arrive home, at breakfast, etc?
Virtue: <i>Commitment to an orderly plan of work and study</i>		
<b>Week 5</b>	<b>I thrive on high goals.</b>	My academic goals for the year are clear. I have decided on a timetable of homework and study. I have reflected on my priorities for the year.
<b>Week 6</b>	<b>We must never fail to try from fear that we might try, and fail.</b>	A well chosen goal <u>will be challenging</u> but <u>realistic</u> . It should be <u>specific</u> so that I can <u>check</u> whether I am on target to achieve it. Lack of effort to attempt goals normally means lack of honesty about real priorities.
<b>Week 7</b>	<b>“Maximum concentration is directly proportional to minimum distraction.” <i>Newton’s Fourth Law</i></b>	My place of study should be well lit, quiet (no radios and TV), free of interruptions (little brothers), and clear of clutter (gameboys, comics, last year’s mess, etc.).
<b>Week 8</b>	<b>A daily study work-out builds inner strength.</b>	<u>Consistency</u> is vital. Day after day. If we keep to the study plan, we are building up our stocks of willpower, perseverance and self-control - all vital character ingredients for life.
<b>Week 9</b>	<b>Some people wait so long for their ship to come in, their pier collapses <i>John Goddard</i></b>	Your success depends on you. Don’t procrastinate or fall into the trap of believing that the world owes you a living. It is through <i>your</i> effort that you reap rewards.

<b>Week 10</b>	<b>Another way to spell success is s_w_e_a_t.</b>	Sometimes there is no alternative but to go against the grain and force ourselves to do what we know we should, and not just what we feel like.
----------------	---	---

YEAR 2	TERM II
--------	---------

**Virtue: *Friendship***

**Ideas**

<b>Week 1</b>	<b>Each of my classmates likes my company.</b>	Am I a friend to everyone in my class? Am I easy to get on with? Or do I criticise others, hold grudges or always leave some people out?
<b>Week 2</b>	<b>My words must never hurt another.</b>	Do I know how to be kind in my conversation? If I can't say something good about someone, I shouldn't say anything.
<b>Week 3</b>	<b>I seek out my classmates who are sick or sad.</b>	Do I go out of my way for anybody? I must learn to be generous in life – it is the key not only to making others happy but to being happy myself.
<b>Week 4</b>	<b>I am a friend for life.</b>	Have I turned my back on any of my friends in the past? Why? Do I forget to write? Could others feel hurt because I now neglect them?
<b>Week 5</b>	<b>My comments encourage others.</b>	Do I use my words to do good? Am I positive and cheerful or do I focus on my “list of complaints”

**Virtue: *Humility***

<b>Week 6</b>	<b>I praise others' achievements and don't make noise about my own.</b>	Do I try to be noticed and gain the admiration of others? Do I know the difference between being well groomed or just plain vain about my appearance?
<b>Week 7</b>	<b>When I cheer others up I forget about my own problems.</b>	Am I moody? Do I take out my feelings on others? Do I make others unhappy when I am unhappy? Am I learning to put on a cheerful face?
<b>Week 8</b>	<b>Why do I complain?</b>	Complaining is often another way of drawing attention to myself and my wonderful opinion. Do I make quiet, constructive suggestions when I have an idea to offer?
<b>Week 9</b>	<b>I ask questions in class.</b>	Do I have a real determination to get on top of topics that I don't understand? Do I ask questions even when everyone else <u>seems</u> to know the answer?
<b>Week 10</b>	<b>I learn by listening.</b>	Do I listen to my friends, to my brothers and sisters and to my parents? I should never grow too old or too proud to hear and consider someone else's opinion.

YEAR 2	TERM III
--------	----------

**Virtue: *Sincerity***

**Ideas**

<b>Week 1</b>	<b>He that excuses himself accuses himself.</b>	A strong character accepts the responsibility for his actions without excuses. Do I ever make excuses to get out of trouble or work? How did I react to my report? Were there any excuses?
<b>Week 2</b>	<b>My word is my bond.</b>	When I commit myself to something do I see it through? Do I keep my word even when it is difficult? Do I earn the trust that I want my parents to show towards me?
<b>Week 3</b>	<b>I give my full trust to my parents.</b>	Do I talk to my parents when I have any concerns or worries? Do I ever hide anything from them? Do I tell them honestly what I am doing when I go out?



<b>Week 4</b>	<b>Sincerity makes life simple.</b>	Sincerity solves problems that seemed so big. Our imagination can create unsolvable problems...the simple answer is to be sincere, at home and in the Sacrament of Reconciliation.
<b>Week 5</b>	<b>My tutor knows me well.</b>	Do I help my tutor to get to know me well? Do I talk about my efforts to improve my character? His advice will be much more accurate if I trust him completely.

**Virtue: *Self-Control***

<b>Week 6</b>	<b>I enjoy food in moderation.</b>	Our society tends to joke about overeating, but gluttony has serious effects on health and character. Do I know how to control myself at home and when I am out with friends?
<b>Week 7</b>	<b>I am not a victim of my whims.</b>	Feelings and emotions should be under the direction of our reason. Do I try to get on top of my moods and feelings? Do I find myself chasing after things that I don't really need... brands, junk food, etc.
<b>Week 8</b>	<b><i>Beware of ANTs!</i> (<u>automatic negative thoughts</u>)</b>	I strive to make my first reaction positive, even in the face of difficulties, bad news, or a change of plans. When I am positive it helps others.
<b>Week 9</b>	<b>Before I can effectively manage others, I must manage myself.</b>	Do I set my own standards or do I take my standards from others? Do I change the things in my life that need changing, or do I focus my energies on complaining about others?
<b>Week 10</b>	<b>I am courteous even in difficult circumstances.</b>	Respect for others is not negotiable – at home, on the sporting field and in the classroom and playground.
<b>Week 11</b>	<b>I take control of my holidays.</b>	Holidays without a plan can tend to become wasted time. Try to achieve as much as you can...learning new skills, taking on some enjoyable reading, making arrangements with friends, finding time to help at home.
<b>Extra</b>	<b>My words must never hurt others.</b>	Am I always kind and considerate in the way that I talk to my mother and father? Do I use my words to do good for others, and never to harm them?
<b>Extra</b>	<b>I know how to go without, without a fuss.</b>	Material needs are not as important as spiritual needs. We really only have few material needs...sufficient food, shelter, security, etc. It is so easy to create artificial needs for ourselves...thinking that we must have soft drinks, that we must have designer sports shoes, that we will die if we don't have TV for a week.
<b>Extra</b>	<b>I know where my time goes.</b>	The first rule of good management is to know where one's time goes. Do I know where my time goes in the evenings and weekends? Do I control where my time goes?

**YEAR 2**

**TERM IV**

**Virtue: *Drive and Determination***

**Ideas**

<b>Week 1</b>	<b>I set my goals when I'm setting out.</b>	I know what I want to achieve this term. I have looked for the advice of my parents and tutor. I have analysed my last report carefully.
<b>Week 2</b>	<b>I aim for A's.</b>	How do I monitor my progress towards achieving my goals? Am I determined to focus my energies on the end of term exams, now only <u>five</u> weeks away? My

		revision and study plans should already be in place.
<b>Week 3</b>	<b>My starting time is set in concrete.</b>	If I give my afternoon study a firm starting time, it becomes much easier to get into work routines that will be so vital in senior years. Similarly, times to get back to work after meals or breaks are best fixed beforehand.
<b>Week 4</b>	<b>I'm up on time for a good start to the day.</b>	The first "battle" of the day can sometimes be one of the hardest. Do I jump up when I am called, and get ready quickly? It can be very inconsiderate to take a long time in the bathroom, or to keep others waiting for me.
<b>Week 5</b>	<b>My writing reflects the person I am.</b>	How do I show my pride in my work? Do I rule up carefully? Do I underline and correct in red? Do I avoid scribbling and drawing graffiti in my books? Do I slow down when my writing is becoming messy?

**Virtue: *Respect for others.***

<b>Week 6</b>	<b>I treat others with the respect I would like myself.</b>	Would I like others to talk badly of me when I am not listening? I should not mock or carelessly criticise anyone... whether I know him or not. Certainly I should avoid judging their intentions.
<b>Week 7</b>	<b>I know how to forgive and forget.</b>	No grudges. This can be very difficult to put into practice. When someone hurts me, particularly if I am a little sensitive, I can tend to brood over it and to feel the hurt deeply. Often our imaginations can end up tricking us into imputing malicious intent. I should speak directly to the person concerned when I am upset about something.
<b>Week 8</b>	<b>I am the first to apologise.</b>	Do I know how to clear the air? Do I let conflicts go on for days without resolving them. In any argument there are two sides. I must know how to talk about problems and listen to the other side. And I need to be humble enough to be the first to apologise.
<b>Week 9</b>	<b>My words and deeds are worthy of a son of God.</b>	As a son of God, I must behave in a noble way at every moment. My behaviour and words can do much good or harm to others. Do I accept responsibility for all my actions?
<b>Week 10</b>	<b>I show my gratitude at home.</b>	A selfish person takes those he knows well for granted. Simple courtesies at breakfast, a smile on arriving home, an offer to help someone else who is doing a job... these are all ways of showing gratitude.

**YEAR 3**

**TERM I**

**Virtue: *Order in my belongings***

**Ideas**

<b>Week 1</b>	<b>I invest time to be orderly.</b>	Disorder is a result of – a) Things not put back in their places b) Things not having a place to be put back into c) Neglect of regular cleaning d) No-one having the responsibility to look after something. All these things take time.
<b>Week 2</b>	<b>I keep my desk clear for work.</b>	Have I arranged an efficient working space at home? Do I work away from distractions, noise, music, television? Do I have a study and homework plan for



		the new year, and am I sticking to it?
<b>Week 3</b>	<b>I take the time to put it away.</b>	The easiest thing is to drop my things as soon as I walk in the door, throw my washing on the floor, leave glasses in the sink—someone else can worry about it. But is it fair and considerate to act that way?
<b>Week 4</b>	<b>I treasure books.</b>	Have I remembered to cover my books? Each year I should try to look after my books better than the year before: no graffiti in texts or in exercise books, no torn pages, no messy crossing out.

**Virtue: *Kindness to others***

<b>Week 5</b>	<b>The respect I have for others is shown on my face.</b>	How do others see me: happy, honest, interested in others and straightforward, or self-centered and complicated, not speaking my thoughts?
<b>Week 6</b>	<b>I already know who needs a hand.</b>	I think more about my friends and my family than I do about myself. My plans to help others are effective.
<b>Week 7</b>	<b>I am the first to help.</b>	I don't wait for others to have the initiative. I try to help sooner rather than later, before a major problem develops.
<b>Week 8</b>	<b>My smile cheers up others.</b>	Do I have the confidence to influence the atmosphere wherever I go? Do I give leadership of the most practical kind, helping others have a positive and optimistic view of life?
<b>Week 9</b>	<b>My smile is the best way of saying <i>Hello</i>.</b>	When I smile at someone I am not taking him for granted, and I make myself approachable. Often it's a really practical way of helping lift someone.
<b>Week 10</b>	<b>Helping others is my shortcut to happiness.</b>	Serving others brings happiness; selfishness and self-centredness bring sadness: the choice is mine.
<b>Extra</b>	<b>I find new ways to be generous.</b>	Am I courageous enough to look for new ways to serve my family and friends? Am I utterly convinced that generosity is the key to happiness?
<b>Extra</b>	<b>I never indulge in critical negative thoughts.</b>	My thoughts will end up controlling how I treat others. If I get angry, tease them, put them down or criticise them it is because my thoughts about these people have already been unkind. Thoughts show in the end.

**YEAR 3**

**TERM II**

**Virtue: *Self discipline***

**Ideas**

<b>Week 1</b>	<b>I spend money carefully</b>	My money and things are not mine to do <b>whatever</b> I like with. I have the duty to use them wisely to look after my needs and in the service of others. Can I say 'No' to my fussy, junk-food dependent stomach?
<b>Week 2</b>	<b>I only impress myself with crude language.</b>	Why should I copy the rough language of others, and of TV characters? When I talk that way it says a lot <b>about</b> me—my 'need' to impress others, my image of myself, my double standards.
<b>Week 3</b>	<b>I <u>select</u> the books I read and the television I watch.</b>	A human being has the capacity to <b>choose</b> ; but our choices can be good or bad for us. Some TV programs, films, beaches, books, magazines, etc are good for me, but others are definitely not. Am I careful with my choices? Am I honest with myself?
<b>Week 4</b>	<b>I try never to lose my temper.</b>	Tantrums are for babies—sometimes unfortunately big babies. Only with very rare and serious reasons should I <b>allow</b> myself to get angry. If I'm the sort of person who <b>easily</b> loses his temper, I probably should <b>never</b> let it loose.

<b>Week 5</b>	<b>I keep to my starting times.</b>	Set-in-concrete starting times are one of the secrets of self-discipline. Do I do my work at the first opportunity? Or do I try to put it off as long as possible? Even if I get all my homework done, if I start it very late, I am still not giving my work the <b>priority</b> it deserves.
<b>Virtue: <i>Gratitude</i></b>		
<b>Week 6</b>	<b>My cheerfulness is measured by my gratitude to others.</b>	How often do I thank others? Do I go out of my way to say <i>thanks</i> ? ...thank you cards, small presents, a letter, a phone call? Do I think God each day for His gifts to me?
<b>Week 7</b>	<b>Frowns are out of fashion.</b>	Frowns often mean I am absorbed in my thoughts...and that I am taking my 'problems' a little too seriously. I discuss problems with Mum and Dad, and learn <b>not</b> to brood on worries.
<b>Week 8</b>	<b>I know how to show my gratitude to my parents.</b>	Gratitude is shown not only by words, but also by deeds...of doing my jobs as well as I can, of not keeping others waiting, of showing understanding for others who are upset or worried.
<b>Week 9</b>	<b>I will have a lot to show for my time these holidays.</b>	I plan plenty of constructive, enjoyable and useful activities. I organise to see my friends. I plan enjoyable activities for my brothers and sisters. I borrow some good books. I...Do it NOW!

### YEAR 3

### TERM III

#### **Virtue: *Trustworthiness***

#### **Ideas**

<b>Week 1</b>	<b>I keep to my timetable, without reminders.</b>	By keeping to the timetable I have decided on, I win the battle against my laziness and putting things off. If Mum needs to frequently remind me, it means I am not trustworthy!
<b>Week 2</b>	<b>I commit myself to reach goals. I'm not scared of the cost of commitment.</b>	Whenever I make a decision to work for any goal, I commit myself to all the effort needed to get there. Goals are necessary. They enable me to improve and to serve others.
<b>Week 3</b>	<b>I care for the things I own.</b>	All the possessions I have: books, clothes, interests, sports gear, etc; are all in my care. They are not mine to do whatever I like with. God <b>entrusts</b> things to us: we must look after them.
<b>Week 4</b>	<b>I discuss my plans with Mum and Dad.</b>	The trustworthy person is perfectly sincere. He abhors deception and 'getting away with things'. He'll never say, <i>They'll never find out</i> .

#### **Virtue: *Generosity***

<b>Week 5</b>	<b>My mind is not self centred. I think about others and what I can do for them.</b>	Do I know ways to help each person in my family? Do I do these small services often? Do I spend time 'filling in' Mum and Dad about the things I am involved in?
<b>Week 6</b>	<b>Generosity attracts.</b>	Do I try to help <b>each</b> person in my class whenever I see he needs a hand? Do I only help people who have helped me first? Have I forgiven old insults?
<b>Week 7</b>	<b>I share even the things I value.</b>	Are the things I own more important than the people around me? I can never end up valuing material things more than the importance of helping others.
<b>Week 8</b>	<b>I help without being noticed.</b>	Every day at home there are many opportunities...tidying up, being the first to answer the phone, being on time for dinner. And opportunities at school: inviting someone into a game, explaining a

		difficult topic, changing the topic if the conversation is uncharitable.
<b>Week 9</b>	<b>When I see a need, I act.</b>	I generously help friends who have tiresome jobs to do? Do I visit friends who are sick? Do I cheer up friends who are miserable? Do I treat mum and dad even better than I treat my best friends.
<b>Week 10</b>	<b>Man only discovers himself in a sincere gift of himself. Vatican Council II</b>	Sometimes we think that we find our real selves by doing things: sport, studies, fun. While these are aspects of our life, where we truly find ourselves is in giving ourselves to others. We do not know, oftentimes what we are capable of until we are generous with others. Often, the problems we have arise from being too self centred and not enough other centred

<b>YEAR 3</b>		<b>TERM IV</b>
<b>Virtue: <i>Being positive</i></b>		<b>Ideas</b>
<b>Week 1</b>	<b>Drive your frown out of town.</b>	Do I have a happy cheerful face? Or am I hard to approach, or talk to? Cheerfulness is a virtue; it is acquired by practice. A large part of cheerfulness is the ability to look on the positive side of problems.
<b>Week 2</b>	<b>My cheerfulness is measured by my gratitude to others.</b>	How often do I thank others? Do I go out of my way to say 'thanks'?...send thank you cards, small presents, a letter, a phone call? Do I thank God each day for His gifts to me?
<b>Week 3</b>	<b>I master the art of simple honest words.</b>	Am I a straight shooter? Do I combine the honesty and simplicity of showing my real thoughts, with the goodness of always speaking with respect for others? Difference of opinion is <b>never</b> cause to argue. Do I consider criticism, and when I realise I am wrong am I prepared to apologise?
<b>Week 4</b>	<b>I am less likely to criticise when I try to understand others.</b>	All criticism is useful if I go to the trouble of turning it into positive suggestions. Do I speak openly and sincerely to my classmates? Do I know how to correct <b>graciously</b> a person who is wrong?
<b>Week 5</b>	<b>I encourage someone everyday.</b>	A positive cheerful person is a huge encouragement to others. Think of times you can help others through your example and enthusiasm.
<b>Virtue: <i>Toughness</i></b>		
<b>Week 6</b>	<b>I don't compromise in my exam preparation.</b>	One of my main responsibilities is my school work.... Am I focused on the exams? Do I have a demanding revision plan?
<b>Week 7</b>	<b>My daily victory is in keeping to my timetable.</b>	Do I get up on time, without being called twice? Do I come to the table the first time I am called? Do I start my homework at the time I have decided? It is not just a matter of getting it done, it is important that it have the right priority in my life.
<b>Week 8</b>	<b>I am fit and eat healthy foods.</b>	Indulgent TV viewing habits and a dependency on junk food are a recipe for poor marks, poor health, and selfish habits will be very hard to escape from.... Remember—selfishness is the greatest cause of unhappiness.
<b>Week 9</b>	<b>I have great goals for the summer holidays.</b>	I plan plenty of constructive, enjoyable and useful activities. I decide to teach myself something: typing, guitar. I organise to see my friends. I plan enjoyable things to do for my brothers and sisters. I borrow some

		good books to read.... There is so much to do!
--	--	--