

We will be discussing virtues throughout our time together.

What is Virtue?

A virtue is a firm, consistent desire to do what is good. Virtues help us give our best in everything we do and work for the good of those around us. They help us choose to do what is good and right through our actions, thoughts, and words.

List three virtues by name:

Watch: Virtues | Catholic Central

<https://www.youtube.com/watch?v=MTVNK4g9npo>

What is a Growth Mindset?

A growth mindset is a constant decision to see what may challenge us as an opportunity to grow. It helps us achieve goals through perseverance and hard work. We can start to have a growth mindset naturally as we live out the virtues.

Do you find things that challenge you to hard and give up? Or do you take something that challenges you and try to do better?

End in a prayer asking God for help in a virtue you would like to grow in.