

# VirtU

materials from: We Choose Virtues, [wechoosevirtues.com](http://wechoosevirtues.com)

## OBEDIENT

- Catch Phrase: OK, whatever you say, I will obey, right away.
- Antonyms: I am NOT argumentative, unwilling or slow and I don't refuse to do what I am told!

## Self-Controlled:

- Catch Phrase: I make myself do the right thing.
- Antonyms: I am NOT wild, rowdy or disorderly and I don't expect others to control me.

## Attentive:

- Catch Phrase: I watch and listen carefully.
- Antonyms: I am NOT forgetful, distracted, or distracting, and I don't ignore or interrupt!

## Honest:

- Catch Phrase: I am a truth teller.
- Antonyms: I am NOT a liar, a thief or a cheater and I don't change the truth to get my way!

## KIND

- Catch Phrase: I treat others the way I like to be treated.
- Antonyms: I am NOT selfish, sarcastic or rude and I don't hurt others on purpose!

## Forgiving:

- Catch Phrase: I choose to love when others hurt me.
- Antonyms: I am NOT hateful or angry and I don't stay mad, gossip, or try to get even!

## Patient:

- Catch Phrase: I wait, and wait, and wait with a smile.
- Antonyms: I am NOT pushy, or controlling and I don't get frustrated or bored when others are slow!

## Gentle:

- Catch Phrase: I speak quietly and touch softly.
- Antonyms: I am NOT rough, harsh, or loud, and I don't destroy things or hurt people!

## HELPFUL

- Catch Phrase: I find things that need to be done and I do them.
- Antonyms: I am NOT selfish, lazy, or unwilling to serve, and I don't have to be asked!

## Perseverant:

- Catch Phrase: I can do it, even when it's tough.
- Antonyms: I am NOT going to give up or complain and I don't say "I can't" or "it's too hard"!

## Content:

- Catch Phrase: I have my "WANTER" under control.
- Antonyms: I am NOT bored, greedy or always wanting more and I don't beg or whine!

## Diligent:

- Catch Phrase: I start fast, work hard, and finish strong.
- Antonyms: I am NOT slow to get started or lazy, and I don't quit early!