

# Day 9

## Recognizing Teachable Moments

assertiveness  
 caring  
 cleanliness  
 commitment  
 compassion  
 confidence  
 consideration  
 cooperation  
 courage  
 courtesy  
 creativity  
 detachment  
 determination  
 diligence  
 enthusiasm  
 excellence  
 flexibility  
 forgiveness  
 friendliness  
 generosity  
 gentleness  
 helpfulness  
 honesty  
 honor  
 humility  
 idealism  
 integrity  
 joyfulness  
 kindness  
 love  
 loyalty  
 moderation  
 modesty  
 orderliness  
 patience  
 peacefulness  
 perseverance  
 purposefulness  
 reliability  
 respect  
 responsibility  
 self-discipline  
 service  
 tact  
 thankfulness  
 tolerance  
 trust  
 trustworthiness  
 truthfulness  
 understanding  
 unity

**Date**

*“If you have made mistakes, even serious ones, there is always another chance for you. What we call failure is not the falling down but the staying down.”*

*Mary Pickford*

1. RPMS: **Reading**, prayer, meditation, service

Read something inspirational today and reflect on its meaning for you.

2. What virtue will inspire you today? (Randomly pick a virtue card and read it to yourself front and back.) What message does it have for you?

3. Daily affirmation:

Read the affirmation of the virtue out loud, slowly, while holding your hand over your heart.

4. Think of a person who is challenging for you now. How you would like to improve the situation with her/him?

5. What virtue do you think you need today to help you improve the situation? (Purposely pick a virtue card and read it to yourself front and back) How will it help?

6. How was this a teachable moment for you?

7. Acknowledge your successes:

*I acknowledge myself for the virtue of \_\_\_\_\_ in my teachable moment today. Here’s how I applied it:*