



# The Family Connection

introduces The Virtues Project  
An initiative of the Governor's Children and Family Council  
in collaboration with CFVI



## The Virtues Project

### Week beginning May 18/19, 2013: Confidence

Confidence is having faith in someone. Self-confidence is trusting that you have what it takes to handle whatever happens. You feel sure of yourself and enjoy trying new things, without letting doubts or fears hold you back. When you have confidence in others, you rely on them.

You are practicing **confidence** when you ...

- \* Know you are worthwhile and feel sure of yourself
- \* Don't let fear, doubt or worry stop you
- \* Discover your talents and try new things
- \* Learn from your mistakes
- \* Think positively
- \* Trust that all things work together for good

### **Affirmation:**

*I am confident. I appreciate my gifts and give my best. I enjoy trying new things. I welcome new possibilities.*

### What you can do

We will send you the "Virtue of the Week" with a full description on Tuesday to ensure you have time to publicize it. Please let us know who on your staff would be the most appropriate person (with email address or fax number) to receive the "Virtue of the Week" to ensure that the message will go out. If you have any questions, please contact:

**Annette Olsen: 340-777-0990 aolsen@cfvi.net**

For more information you can review the website: [www.virtuesproject.com](http://www.virtuesproject.com)