



# 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 June 2/3, 2013 : Helpfulness

Helpfulness is being of service to others, doing thoughtful things that make a difference in their lives. Offer your help without waiting to be asked. Ask for help when you need it. When we help each other, we get more done. We make our lives easier.

You are practicing **helpfulness** when you ...

- \* Notice when someone needs help
- \* Do a service without being asked
- \* Give people what they need, not always what they want
- \* Listen to someone who needs to talk
- \* Care for your own needs
- \* Ask for help when you need it

### **Affirmation:**

*I am helpful. I look for ways to be of service. I care for others and myself. I look for helpful ways to make a difference*

### 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](mailto:aolsen@cfvi.net)**

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