



The Family Connection

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



The Virtues Project

For the Work Place

The Virtues Project is an international initiative focused on building peaceful and caring communities aligned to 52 virtues – such as “compassion,” “integrity,” “respect.” The Virtues Project promotes community capacity-building to teach positive behaviors and attitudes and contribute to healthy and supportive environments across sectors. This is an initiative originated with a work group of Early Childhood Advisory Committee of the Children and Families Council and is moving forward with support from the Community Foundation of the Virgin Islands. We are working in collaboration with the Department of Education to infuse VI culture into the messages and to implement The Virtues Project in the public schools. The Department of Human Services will be disseminating the “virtue of the week” to Head Start and child care centers with suggested developmentally appropriate activities. The goal is to engage the community in discussion and awareness of the “Virtue of the Week” in schools, child care settings, home, and the workplace through the media, religious institutions, schools and centers, government agencies, and business organizations.

What you can do

We are hoping to partner with you to help get the message out about the “Virtue of the Week” at your workplace. We are hoping you will email it to your staff, put it in newsletters, post it on bulletin boards, and cite examples at your workplace of moments when the virtues are practiced by your staff.

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:

Mona Charles: 340-774-6031 mcharles@cfvi.net or
Donnalie Edwards-Cabey: 340-777-0990 decabey@cfvi.net

For more information you can review the website: www.virtuesproject.com

Week beginning December 18/19: Self-Discipline

Self-discipline means self-control. It is doing what you really want to do, rather than being tossed around by your feelings like a leaf in the wind. You act instead of react. You get things done in an orderly and efficient way. With self-discipline, you take charge of yourself.

You are practicing self-discipline when you...

Use detachment so your emotions won't control you
Speak and act calmly when you are hurt or angry
Create routines that bring peace and order to your day
Practice moderation
Do what is expected without anyone watching over you
Do things on time

Affirmation:

I have self-discipline. I use my time well and get things done. I choose my actions with detachment.