

New Habits

Thriving Learning Communities™: Think About It Thursday



Temperance is a Virtue

Sometimes we find ourselves lost and confused, trying to do too many things at once. Or we find ourselves in trouble because of bad habits. Strengths in the temperance virtue category are all about keeping ourselves from acting in ways that could hurt us or someone else. There's a lot we can't control, but we often forget the one thing we can control – ourselves! The path to happiness begins when we stop blaming others and start working on changing our own habits.

Flex Your Temperance Strengths

Temperance strengths include:

- **Forgiveness** – You can let it go when a friend makes mistakes or hurts your feelings.
- **Humility** – You quietly show what you can do instead of bragging.
- **Prudence** – You are careful to not take too many risks.
- **Self-Control** – You watch what you do and say.

Dialing up these strengths can help you replace old, negative habits with new, positive ones.



Make a Plan

Practice your self-control! Write (or draw) about a time when you:

- 👉 Were angry with someone and had a hard time forgiving them.
- 👉 Felt proud of yourself but forgot to notice how others were feeling.
- 👉 Took action before you thought things through and it didn't turn out so well.
- 👉 Should have managed your time better on a school project.

Now it's time to make a plan. Name the strength you will activate when this situation comes up again. How will you use this strength to help you change your behavior? Find a friend or family member that will help remind you!

We can use all 24 VIA character strengths to thrive!
Practice spotting strengths in another virtue category to
flex your own unique combination of character strengths!

For additional social-emotional learning
and character strengths resources,
visit: <https://bit.ly/3Bf19ew>