

How Virtuous Am I?

Here is an activity to determine how virtuous you are. After taking this, share it with your spouse or another adult who knows you very well.

A virtue is a firm habit to do what is right and good. Virtues direct our actions, regulate our passions and guide our daily conduct so that we can show love. (CCC 1804)

Read through the virtues and descriptions. Then, circle the response that best reflects the truth about you. When you are finished, share this with your spouse or an adult who knows you well.

Virtue	Description	Do I Show This in My Life?
Prudence	Applies standards, seeks counsel, weighs consequences, plans	Never Sometimes Most of the Time Always
Honesty	Truthful, trustworthy – do what you say you will.	Never Sometimes Most of the Time Always
Understanding	Comprehending what is really true.	Never Sometimes Most of the Time Always
Justice	Giving what is due to God and to others	Never Sometimes Most of the Time Always
Generosity	Sharing and acting unselfishly towards others	Never Sometimes Most of the Time Always
Hospitality	Warm welcome. Being open and receptive.	Never Sometimes Most of the Time Always
Loyalty	Standing up for and being true to those you love.	Never Sometimes Most of the Time Always
Obedience	Accepting decisions of authority. Submitting to what is right.	Never Sometimes Most of the Time Always
Respect	Seeing the goodness and value of a person.	Never Sometimes Most of the Time Always
Responsibility	Accepting consequences of your actions.	Never Sometimes Most of the Time Always
Fortitude	Firmness during difficulty – especially in pursuit of good	Never Sometimes Most of the Time Always

Patience	Bearing difficulties with calmness.	Never Sometimes Most of the Time Always
Perseverance	Continuing in times of difficulty. Hanging in there.	Never Sometimes Most of the Time Always
Diligence	Doing what is right – even when you don't want to	Never Sometimes Most of the Time Always
Temperance	Controlling passions/instincts. Self control and discipline.	Never Sometimes Most of the Time Always
Chastity	Reserving genital activity for marriage. Sexual self control	Never Sometimes Most of the Time Always
Humility	No selfish expectation of praise. Accepting your limitations. Accurate self-concept.	Never Sometimes Most of the Time Always
Modesty	Decency in thoughts, speech, dress, actions.	Never Sometimes Most of the Time Always
Compassion	Comforting another person in pain, distress or need.	Never Sometimes Most of the Time Always
Flexibility	Adapting to the needs of others or to unexpected situations.	Never Sometimes Most of the Time Always
Sobriety	Balance and self-control in the use of and attitudes toward alcohol.	Never Sometimes Most of the Time Always