



# The Virtues Project

## LOYALTY

**Week beginning January 29/30**

**Loyalty is staying true to someone. You are standing up for something you believe in without wavering. It is being faithful to your family, country, school, friends or ideals, like when the going gets tough as well as when things are good. With loyalty, you build relationships that last forever.**

**You are practicing loyalty when you...**

**Stand up for people and ideas you believe in**

**Choose your friends wisely**

**Are a faithful friend through good times and bad**

**Don't allow loyalty to lead you into trouble**

**Don't let others come between you and your friends**

**Are loyalty to yourself**

### **Affirmation**

***I am loyal to the people and ideals I care about. I stand by my friends and loved ones. I keep my commitments.***