



The Virtues Project

PATIENCE

Week beginning March 26/27

Patience is quiet hope and trust that things will turn out right. You wait without complaining. You are tolerant and accepting of difficulties and mistakes. You picture the end in the beginning and persevere to meet your goals. Patience is a commitment to the future.

You are practicing patience when you ...

Calmly tolerate a delay or confusion

Are willing to wait for things you want

Set goals and persevere until they are met

Do something now that will help you in the future

Accept things you cannot change with humor and grace

Are tolerant when mistakes are made

Affirmation

I am patient. I am gentle with others and myself when we make mistakes. I wait calmly. I trust that things will turn out right.