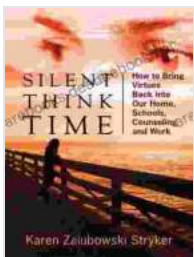


How to Bring Virtues Back Into Our Home Schools, Counseling and Work

In today's rapidly changing world, it's more important than ever to instill virtues in our children, clients, and colleagues. Virtues are qualities of character that help us live good and meaningful lives. They include traits like honesty, kindness, courage, and perseverance.



Silent Think Time: How to Bring Virtues Back into Our Home, Schools, Counseling and Work

by Karen Zalubowski Stryker

★★★★★ 5 out of 5

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File size : 357 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 125 pages
Lending : Enabled
Screen Reader : Supported



Unfortunately, virtues are often neglected in our modern society. We're so focused on material success and instant gratification that we often forget the importance of living a virtuous life. This is reflected in the rising rates of crime, violence, and addiction.

We need to bring virtues back into our homes, schools, and workplaces. By doing so, we can create a more just, compassionate, and prosperous world.

Benefits of Virtues

There are many benefits to living a virtuous life. Virtues can help us:

1. Be happier and more fulfilled
2. Build stronger relationships
3. Achieve greater success in our careers
4. Make a positive difference in the world

When we live a virtuous life, we are more likely to experience inner peace, joy, and contentment. We are also more likely to have healthy relationships, build successful careers, and make a positive impact on our communities.

How to Bring Virtues Back Into Our Homes

There are many ways to bring virtues back into our homes. Here are a few tips:

1. **Start with yourself.** The best way to teach virtues to your children is to model them yourself. Be the kind of person you want your children to be.
2. **Talk about virtues.** Discuss virtues with your children on a regular basis. Explain what they mean and why they are important. Help your children to identify virtues in themselves and others.
3. **Read books and watch movies about virtues.** There are many great books and movies that can help you teach virtues to your children. Use these resources to supplement your own teaching.

4. **Encourage your children to practice virtues.** Give your children opportunities to practice virtues in their everyday lives. This could involve volunteering, helping out around the house, or simply being kind to others.
5. **Reward your children for virtuous behavior.** When your children display virtuous behavior, be sure to praise them and reward them. This will help them to understand that virtues are valued in your home.

How to Bring Virtues Back Into Schools

Schools play a vital role in teaching virtues to young people. Here are a few tips for educators:

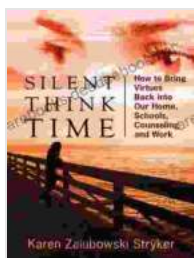
1. **Create a school culture that values virtues.** The school environment should be one that encourages and rewards virtuous behavior.
2. **Integrate virtues into the curriculum.** Virtues can be taught through all academic subjects. For example, you could use literature to teach empathy, history to teach courage, and math to teach perseverance.
3. **Provide opportunities for students to practice virtues.** Students need opportunities to apply virtues in their everyday lives. This could involve participating in service learning projects, volunteering, or simply being kind to others.
4. **Recognize and reward students for virtuous behavior.** When students display virtuous behavior, be sure to acknowledge and reward them. This will help them to understand that virtues are valued in the school community.

How to Bring Virtues Back Into the Workplace

Virtues are essential for creating a positive and productive workplace. Here are a few tips for employers:

1. **Start with a mission statement that reflects your values.** Your mission statement should clearly state the virtues that are important to your company.
2. **Hire employees who embody your virtues.** When you hire new employees, look for people who demonstrate the virtues that you value.
3. **Provide training on virtues.** Offer training programs to help employees understand and develop virtues.
4. **Encourage employees to practice virtues.** Create a workplace culture that encourages and rewards virtuous behavior.
5. **Lead by example.** The best way to encourage employees to practice virtues is to model them yourself.

Virtues are the foundation of a good and meaningful life. By bringing virtues back into our homes, schools, and workplaces, we can create a more just, compassionate, and prosperous world.



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