



# Let's Talk About It!

## Part III: What Matters Now?

### What Matters Now?

#### Your Character Strength – Individual Greatness

What makes up your character?

- The way you think, and the way you act.
- It's about doing what is right and avoiding what is wrong.

#### How can you be a person of good character?

- Virtues are considered characteristics of high standards that lead to individual greatness.
- A virtue is a trait that is one of the building blocks for being a good human being.

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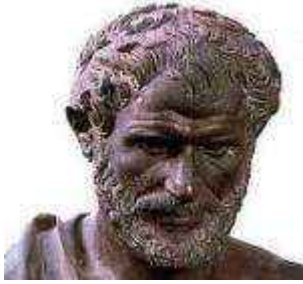
Live by the Golden Rule

&

Focus on YOUR Strengths

to Build Strength of Character  
for Stability, Well-Being, and Harmony

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**Aristotle**

## 12 Virtues Introduced by Aristotle

Aristotle was a Greek Philosopher who was responsible for major contributions to society.

He said there were two types of virtues:

✚ Intellectual Virtues: Acquired by education

✚ Moral Virtues: Acquired through practice and habit

1. Courage
2. Self-Control
3. Generosity
4. Love of life
5. Self-satisfaction  
(pride)
6. Respect
7. Calmness
8. Friendliness
9. Truthfulness
10. Sense of Humor
11. Friendship
12. Fairness

- Pick 3 of the virtues listed on the left that you think you do well.
  
- Pick 3 of the virtues listed on the left that you could do better (with practice and habit).
  
- Pick 3 of the virtues listed on the left that you think would help Americans work together to heal right now and make a better future for America.

## Maya Angelou



“Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently.”

**Maya Angelou** was an American poet, singer, memoirist, and [civil rights activist](#).

She published seven autobiographies, three books of essays, several books of poetry, and is credited with a list of plays, movies, and television shows spanning over 50 years.

She received dozens of awards and more than **50 honorary degrees**.

Angelou is best known for her series of seven autobiographies, which focus on her childhood and early adult experiences.

The first, [I Know Why the Caged Bird Sings](#) (1969), tells of her life up to the age of 17 and brought her international recognition and acclaim.

### Extra Credit

If you had to pick out a candy bar that best described your favorite character trait/virtue, what would it be? And why?

- Snickers? (10. You have a sense of humor.)
- Twix?
- \$100,000 Chocolate Bar?
- Nerds?
- Sweet & Sour?
- Baby Ruth?
- Butterfingers?
- Mounds?
- Almond Joy?
- Mr. Goodbar?
- Krackle?
- PayDay
- Bounty
- Nutrageous?
- You name it!