

AN ADMIRABLE THOUGHT - An admirable thought asks what character quality is God building in me through this situation?
How is God making me more like him?

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|-------------------|---|
| Authenticity | being your real and true self without pretension or posturing |
| Available | always there to help others |
| Compassion | feeling deep sympathy and pity for the suffering and misfortunate |
| Conscientiousness | the desire to do things well or to the best of your ability |
| Courageous | to carry on with a commitment in spite of fear, discomfort, or pain |
| Dependable | following through on your commitments |
| Disciplined | to follow the best course of action or fulfill your commitments. |
| Empathetic | able to feel the joys and sorrows of others |
| Fairness | make decisions and take action based on the best outcome for all |
| Forgiveness | conscious decisions to let go of resentment and anger toward someone |
| Generosity | willing to offer your time, energy, efforts, emotions, words, or assets without the expectation of something in return. |
| Honesty | living the truth, being straightforward and trustworthy |
| Humility | having a confident yet modest opinion of your own self-importance |
| Integrity | having strong moral principles and core values, and then conducting your life with those as your guide. |
| Joyful | finding joy in life and in others |
| Kindness | an attitude of being considerate, helpful, and benevolent to others |
| Loving | showing others through your words, actions, and expressions how deeply you care about them |
| Loyalty | faithfulness and devotion to loved ones and friends |
| Optimistic | a sense of hopefulness and confidence about the future |
| Patient | the capacity to accept delay, trouble, or suffering without anger |
| Perseverance | the steadfast persistence and determination to continue with a course of action or purpose, even if it's difficult or uncomfortable |
| Politeness | good manners, common courtesies, and etiquette, and willing to apply those to all people you encounter |
| Reliability | consistently depended on to follow through with your commitments, actions, and decisions |
| Respectfulness | treating yourself and others with kindness, deference and dignity. |
| Responsibility | accepting personal, relational, career, and societal obligations even when difficulty and uncomfortable. |
| Self-controlled | able to control your words and actions |
| Thankful | grateful for what you have |
| Unwavering | setting your mind on something and seeing it through |
| Virtuous | having high moral standards |
| Wisdom | making smart choices, having the ability to discern and judge properly what is true or right |
| Yielding | able to give up personal rights with a desire to serve others |