

VIRTUES: The Gifts of Character

Acceptance	Faithfulness	Patience
Accountability	Fidelity	Peacefulness
Appreciation	Flexibility	Perceptiveness
Assertiveness	Forbearance	Perseverance
Awe	Forgiveness	Prayerfulness
Beauty Caring	Fortitude	Purity
Certitude	Friendliness	Purposefulness
Charity	Generosity	Reliability
Cheerfulness	Gentleness	Resilience
Cleanliness	Grace	Respect
Commitment	Gratitude	Responsibility
Compassion	Helpfulness	Reverence
Confidence	Honesty	Righteousness
Consideration	Honor Hope	Sacrifice
Contentment	Humanity	Self-discipline
Cooperation	Humility	Serenity Service
Courage	Idealism	Simplicity
Courtesy	Independence	Sincerity
Creativity	Initiative	Steadfastness
Decisiveness	Integrity	Strength
Detachment	Joyfulness	Tact
Determination	Justice	Thankfulness
Devotion	Kindness	Thoughtfulness
Dignity	Love	Tolerance
Diligence	Loyalty	Trust
Discernment	Mercy	Trustworthiness
Empathy	Mindfulness	Truthfulness
Endurance	Moderation	Understanding
Enthusiasm	Modesty	Unity
Excellence	Nobility	Wisdom
Fairness	Openness	Wonder
Faith	Optimism	Zeal
	Orderliness	



10 Rules for Health

1. **Purity and Cleanliness**

Immerse yourself in water daily. Eat primarily pure, water-based foods as well as grains. Reduce fats. Drink eight glasses of water a day.

2. **Breathe (Pranha)**

Exercise moderately every day. Breathe fresh air as often as you can. Breathe deeply. Practice Yoga.

3. **Proper Vitamins**

Take supplements you need and use homeopathy.

4. **Proactive Rest**

Have a routine of rest once or twice every day. Stop before you get tired.

5. **Pace Yourself**

Set moderate work hours, respecting your body's inner clock. Choose your tasks carefully. Keep your correspondence current. Enjoy! Enjoy!

6. **Pray Every Hour**

Throughout the day, let your time, your work, your activities be a prayer. Maintain an attitude of gratitude.

7. **Pursue Peaceful Activity**

Cut television down. It depresses you. Read, write, listen to music, watch the fire, spend time being.

8. **Play!**

Spend time in ways that give you joy and make you laugh.

9. **Prioritize**

Put your first passion first. It is your most productive activity.

10. **Plan A Sustainable Life.**

I received these ten rules as an answer to prayer during the onset of Post-Polio Syndrome. I offer them as principles that you may find helpful in your own life, and encourage you to adapt them to your individual needs, as you and your physician see fit.

- LINDA KAVELIN POPOV



Stressing & Blessing

What Stresses Me?

- ✿ When do I feel most stressed?
- ✿ What fatigues me?
- ✿ What conditions, activities, people, and relationships drain me?
- ✿ What is my greatest fear?
- ✿ What do I worry about?
- ✿ What overwhelms me?
- ✿ What do I feel guilty about? What triggers guilt for me?
- ✿ What do I want to change about the way I spend my time and energy?
- ✿ What do I want LESS of in my life?

What Blesses Me?

- ✿ What makes me smile?
- ✿ What gives me joy?
- ✿ When do I feel most peaceful?
- ✿ What activities do I find most satisfying?
- ✿ When do I feel most alive?
- ✿ What relationships, people, and activities restore and sustain me?
- ✿ What do I want MORE of in my life?

