

## Virtue Study Prioritization Worksheet

Use this worksheet to help you personalize the order of your virtue study. For each virtue, assess your starting practice level (via Stage 1 prompts and scoring below) and the importance level of the virtue (using scoring below). Multiply these scores to rank the virtues, and determine your study order.

Virtue	Virtue Evaluation			Study Order
	Starting Practice Level	Importance Level	Scoring	
Humility				
Honesty				
Gratitude				
Self-Control				
Mindfulness				
Patience				
Integrity				
Compassion				
Healthy Boundaries				
Responsibility				
Vulnerability				
Respect				

### Starting Virtue Practice Levels

- 1-Rarely aware or acting
- 2-Sometimes aware, inconsistent action
- 3-Often aware, intentional effort
- 4-Very often aware, consistent action
- 5-Deeply integrated, natural expression

### Virtue Importance Levels

- 1 = Lower Importance:** Less central to current challenges or already strong.
- 2 = Medium Importance:** Important for overall growth, but less immediately pressing
- 3 = High Importance:** Critical for immediate recovery needs, relationships, or challenge

### A New Man with New Behaviors