

VALUES:

Month 1: Gratitude

Daily: The Gratitude Board
Weekly: Rewind
One-Time: The "Thanks for Nothin" Letter

Month 2: Self-Respect

Daily: Self-Respect Mantra
Weekly: Make a Choice About Your Inner Voice
One-Time: Give It Your Best or Worst Shot

Month 3: Respect for Others

Daily: Respect Tiles
Weekly: Expand Your Horizons
One-Time: Family Rules of Respect

Month 4: Integrity

Daily: Daily Dilemmas
Weekly: Giving A Promise
One-Time: Where's the Trust?

Month 5: Compassion

Daily: Compassion in Action Calendar
Weekly: Switching Places
One-Time: At Your Service

Month 6: Forgiveness

Daily: Letting Go
Weekly: Will You Forgive Me?
One-Time: "The Rock"

Month 7: A Sense of Joy

Daily: Don't Hurry, Be Happy
Weekly: Make Someone Happy
One-Time: Joy in Doing

Month 8: Commitment

Daily: A Living Commitment
Weekly: The Contract
One-Time: Our Commitment to the Environment

Month 9: Lifelong Learning

Daily: Question of the Day
Weekly: You Be The Teacher
One-Time: Earning for Learning

Month 10: Inner Strength

Daily: Inner Strength Word of the Day
Weekly: Three Reasons
One-Time: The Reservoir of Inner Strength

Month 11: Spirituality

Daily: My Own Prayer
Weekly: Where is God Now?
One-Time: The Maze

Month 12: A Sense of Purpose

Daily: Getting to Know Me
Weekly: Taking Initiative
One-Time: Life Map on a Mission