

EXERCISE IN DISCERNMENT

An Issue-Oriented Five Card Spread

Using the Virtues Reflection Cards, including those you can access on our home page, you can do this exercise with a random Virtues Pick or by looking at the list of Virtues, determine which ones apply. You can also do this on-line at VirtuesProject.com by clicking [here](#).

Focus on a question or an issue in your life at this time. Open yourself to discernment of the best way forward.

CORE VIRTUE - Identify the core virtue that applies in this situation. One that is at the heart of the matter.

GUIDING VIRTUE – Pick the virtue that will guide you and set your direction.

STRENGTH VIRTUE – This is the virtue you can rely on to keep you strong and purposeful.

CHALLENGE VIRTUE – This is the Growth Virtue you will need to cultivate in order to succeed. You need to remain mindful to practice this virtue.

SUSTAINING VIRTUE – This is the virtue that will support you to go the distance as you resolve this issue.

Hold these virtues in mind for at least a week after doing the Five Card Spread. Practice them mindfully, and journal the results.

