

# THE FIVE STRATEGIES OF THE VIRTUES PROJECT™

## PREPARING FOR LIFE, PREPARING FOR MARRIAGE

The virtues strategies are a tool for assessing both your hopes and your readiness for creating sustainable relationships in friendship, partnership or marriage.

### 1. SPEAK THE LANGUAGE OF VIRTUES

Describe 3 of your Strength Virtues. How do you live them? Name 3 Growth Virtues you need to cultivate to be worthy of the relationship you seek. What are the Strength Virtues that are most important to you in a partner?

### 2. RECOGNIZE TEACHABLE MOMENTS

What is one of your greatest challenges in forming healthy relationships? What is a teachable moment in your life now? What do you need to learn to be ready for and worthy of a great relationship?

### 3. SET CLEAR BOUNDARIES

How much do you respect yourself? How clear are your boundaries about how you expect respect from others? For you, what virtue is essential in a partner?

### 4. HONOR THE SPIRIT

Do you call on spiritual guidance to find the friend or partner you seek? Do you have a routine of reverence? What practices would help you feel closer to God?

### 5. OFFER COMPANIONING

How well are you listening to your own heart and conscience about what is right for you? What do you need to hear? How well do you listen to others?

