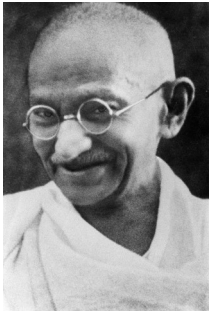


**Activity 1:**

Who are these people? What do you think they have in common?



*Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap a character; sow a character, reap a destiny.*  
- Ralph Waldo Emerson

Look at this quotation from Ralph Waldo Emerson. What do you think this quotation means? What might it mean for your life? Can you think of any examples of people you know who have practised this idea?



**Activity 3:**

When we are learning any skill, it is important to reflect on how we are doing—what we are good at and what we need to do more work on. Use the shield template to reflect on:

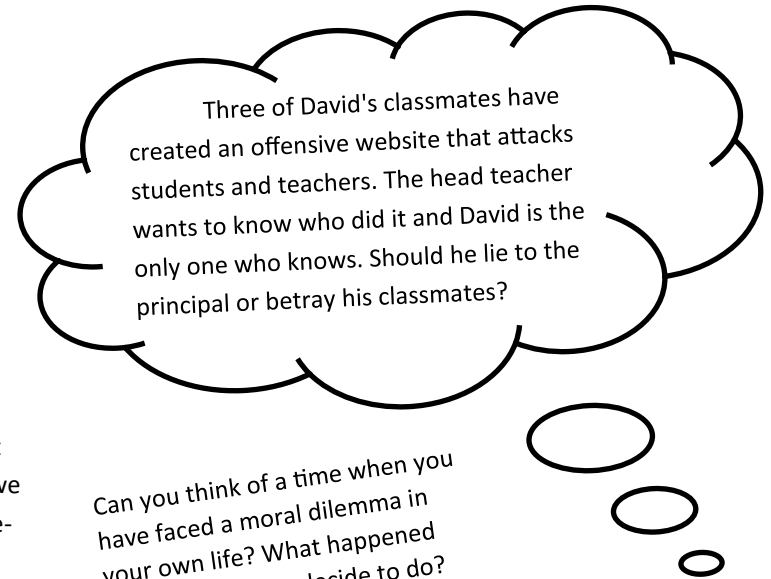
- The virtues you are good at.
- The virtues you need to practice.
- What these virtues look like.
- How you are going to develop.



**Activity 4:**

When thinking about moral dilemmas, it is useful to work through the following questions:

- What is the problem?
- What virtues might be needed?
- Are there any clashing virtues?
- What is the 'wise' thing to do?
- Is there more than one solution?



Can you think of a time when you have faced a moral dilemma in your own life? What happened and what did you decide to do? Would you do something differently next time?

**Activity 2:**

Write an account of a role model that has made an impact on your life. This could be someone well known or someone in your own life. What virtues do you admire in that person and what have they shown in their life that has stood out to you?

