



### Author Notes- Don't Underestimate Your Virtue!

Don't underestimate your virtuous quality. You are invaluable to others. Your ideas matter. Your presence matters. Your experience matters. You matter. Remember invaluable is defined as value beyond estimation. When you allow other people or circumstances to affect your mood, you are giving them more power than they need in your life.

**Virtue Challenge #1:** Over the next 30 days, work hard to create your own changing station. Remember a changing station is the place where you will initiate change in your life to leverage strengths to showcase your invaluable qualities.

1. Begin a FLIP IT Exercise: Think of one "if only" remark that you are guilty of repeating to yourself. This remark has to pose a threat to what you want out of life.
2. Now write it down:
3. Now re-write your "if only" remark as a goal:
4. Write three things you will do to accomplish this goal?
  - 1.
  - 2.
  - 3.
5. Determine what will be your mood in achieving this goal, and list it here: PLEASANT AND OPTIMISTIC.

Now, start off every day on a positive by remembering you are a new creation. Next, in your on journal track the interactions that pose a threat to your new attitude.

What was said or done that changed your mood? Recite your DETERMINED mood until you feel your mood returning to #5.

Remember, no one and no circumstance should have more power than what you've determined!

