



WORKBOOK

12 Virtues

Module 12 Transformation

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Best wishes,

Maryia Oayda

INTRODUCTION

12 VIRTUES

TO BE USED ONLINE & OFFLINE

To help you understand what matters most I want to tell you the story of Benjamin Franklin.

Benjamin Franklin was an author, a painter, an inventor, a politician, and the first American Ambassador to France. He was one of the greatest citizens and thinkers the world has ever seen. He sat down and made a list of twelve characteristics, values and virtues to which he aspired.

Each day he would read the list, repeating the process over again until he had become one with his virtues. Franklin went on to become one of the most productive, successful and self-actualised people in all of history.

Write down a list of your virtues MAX 12. When your list will be compiled, write a brief sentence describing each of the virtues and what it means to you. Each day read the list and each week try to focus on a different aspect of the list, repeating the process over and over and over again.

Good luck!

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