**HANDOUT: DISCUSSION AND REFLECTION FOR PARENTS**

**Virtue: PATIENCE**

**What is patience?**

 Patience is quiet hope and trust, expecting things to turn out all right. Patience is being calm and tolerant when difficult things happen. It means showing acceptance when you or others make mistakes. Patience is doing something now so that later it will bear fruit, like planting a seed and waiting for it to grow. Patience is a commitment to the future.

**Why practice it?**

 Without patience, people want everything NOW. They complain when unpleasant things cannot be helped. They act mad when things don’t go their way. When people practice patience, they can wait without complaining. They forgive others and themselves for mistakes. They make the world a kinder, gentler place.

**How do you practice it?**

 Practicing patience is accepting things you cannot control, like the way other people act, or even an illness or handicap you have to live with. Patience is waiting without complaining. When you are patient, you show gentleness when you or others make mistakes. You set goals and persevere until your goals are won. You picture the end in the beginning. You know that good things take time.

**Signs of Success**

You are practicing patience when you…

* Calmly tolerate a delay or confusion
* Are willing to wait for things you want
* Set goals and stick with them until they are finished
* Do something now that will help you in the future
* Accept things you cannot change with humor and grace
* Are tolerant when mistakes are made

**Affirmation**

I am patient. I am gentle with others and myself when we make mistakes. I wait calmly. I trust that things will turn out right.

**Quotable Quotes**

*“Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.”*

-John Quincy Adams

*“I want patience and I want it now!”*

-Anonymous

*“Help us always to be hopeful gardeners of the spirit who know that without darkness nothing comes to birth as without light nothing flowers.”*

-May Sarton

*“Patience may be defined as that quality of life which makes suffering creative; and impatience as that whereby suffering becomes a destructive force.”*

-Robert Llewelyn

*“Patience and diligence, like faith, remove mountains.”*

-William Penn

From The Virtues Project Educator’s Guide, by Linda Kavelin Popov