

Character Action Media

Striving for Olympic Gold in Rio de Janeiro through Perseverance,
Discipline and Caring

Primary Virtues

- **Caring**- to help others; a caring person tries to understand another person's situation (empathy), desires to help others (compassion), and then acts in helping others (generosity).
- **Discipline**- training expected to produce a specific benefit, moral or mental improvement.
- **Perseverance**- trying hard and continuously in spite of obstacles and difficulties.

Secondary Virtues

- **Hope**- confident expectation of the fulfillment of a goal or wish.
- **Respect for Others**: showing full appreciation of the worth and dignity of others; living by "the golden rule": do unto others as you would want done unto you.
- **Solidarity**- unity from a shared common purpose and/or interest; active loyalty within a group; mutual support within a group.
- **Wisdom**- ability to apply knowledge, experience, understanding in ways that are effective and good. The ability to discern or judge what is true, right, or lasting.