



MINDFUL COMMUNICATION

Speaking the Language of the Virtues Exercise

In each scenario, decide whether a virtues acknowledgement, guidance, or correction is most appropriate. Identify the virtue(s) practiced or needed.

1. A coworker continuously arrives late to work and always leaves the place messy.
(circle one) Acknowledge Guide Correct

Virtue(s) _____

Statement _____

2. A coworker sees you are very busy and helps you with one of your responsibilities.
(circle one) Acknowledge Guide Correct

Virtue(s) _____

Statement _____

3. You believe you have tried your best at work and the work you have done is correct, however your manager does not think you did your job completely.
(circle one) Acknowledge Guide Correct

Virtue(s) _____

Statement _____

4. You had a stressful work day and once you arrive home your family or a neighbor has surprised you with a delicious dinner.
(circle one) Acknowledge Guide Correct

Virtue(s) _____

Statement _____