

What are the virtues and values that make up Virtue Ethics? What are these qualities of goodness that keep us grounded in our personal lives? My list is not all inclusive, but I think most would agree with the virtues in the list:

1. INTEGRITY

Integrity may be thought of as moral uprightness and being of strong moral principle and ethics, as well as exercising good and ethical judgment in your field of practice.

2. HONESTY

Honesty is perhaps the pinnacle of all virtues you can have for yourself. Honesty is comprised of truthfulness, fairness, sincerity, and openness. If you are honest with yourself in all aspects of your life, honesty will carry over into your professional life as well.

3. FIDELITY

Fidelity is faithfulness. It is faithfulness to yourself, your family, the public, your employer, your clients, your profession. Fidelity is demonstrated by your continuing loyalty and support to yourself, your family, the public, your employer, your clients, your profession.

4. CHARITY

Charity comprises compassion and mercy for your fellow man, kindness, caring, good will, and tolerance toward all. It is voluntarily giving your help to others.

5. RESPONSIBILITY

Responsibility is accountability, trustworthiness, dependability, reliability, and recognizing a personal and moral obligation to act for the good of others.

6. SELF-DISCIPLINE

Self-discipline is like Aristotle's Golden Mean, not acting in the extremes of "excess" on one end or "deficiency" at the other end. It is not indulging one's self in excessive behavior, either personally or professionally, and instead, acting with reasonable restraint in your life.