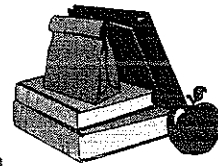


Excellence



What Is Excellence?

Excellence is doing your best. It is giving your very best to any task you do or any relationship you have. Excellence is effort guided by a noble purpose. It is a desire for perfection. The perfection of a seed comes in the fruit. When you practice excellence, you bring your gifts to fruition.

Why Practice It?

Excellence is the key to success. People who don't practice excellence just do things half way. Usually they don't have very exciting or fruitful lives. Doing your best helps you find out what talents you have. You may discover something no one has ever thought of before. When you practice excellence, you can make a difference in this world.



How Do You Practice It?

When you practice excellence, you are not content to give less than your best – to big things and little things. You give careful attention to every job, and to the people you care for. You learn from your mistakes, so you can do better next time. Day by day, you strive to improve. We can't excel at everything. Discover your own talents and give them your best.

The Virtues Project



What would Excellence look like if...

- You are cleaning up the classroom?
- You are learning to play a new instrument?
- You keep arguing with your friend?
- You get tired in the middle of a job?
- You compare yourself to others?
- You realize that you have made too many promises and have too much to do?

Signs of Success

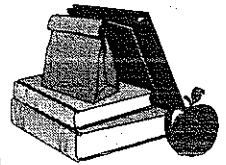
Congratulations! You are practicing Excellence when you...

- Give your best to whatever you do
- Give your best to relationships
- Set noble and realistic goals
- Remember to plan and practice
- Don't try to do everything
- Develop your special gifts

Affirmation

I give my best to the work I do. I give my best to others. I dare to set noble goals. I choose excellence in all things.

Activities with Excellence



Make an Excellence Mobile

Using a coat hanger, cards and string, make a mobile about yourself listing your most excellent virtues – those that are your strengths – as well as things you do with excellence.



Virtues Reflection Questions

- 1. Name a time that you needed excellence but chose to give up instead.
- 2. Name a time you chose to practice excellence.
- 3. Name a character from a story or lesson you have been learning. How did they show excellence? What difference did it make?
- 4. How would things have turned out without excellence?
- 5. List the names of three famous people who excel in their field. How do they show it?
- 6. What do you think they have done to become excellent?



Drawing Excellence

Draw yourself doing some of the things you do best.

Draw people doing three different kinds of work. (for example, nurse, farmer, house builder) Write or tell what would happen if they didn't practice excellence. Then write or tell what would happen if they did practice excellence in their work.



Poster Points

- 1. It's okay to make mistakes. That's the way we learn.
- 2. At my best.
- 3. The key to success.
- 4. Day by day I'm getting better and better.
- 5. Excellence in all things.
- 6. Growing our gifts.



Quotable Quotes

"I do the very best I know how – the very best I can; and I mean to keep doing so until the end." Abraham Lincoln

"Dost thou reckon thyself a puny form, when within thee the universe is folded?" Imam Ali

"May you discover your own special abilities and contribute them toward a better world."
Charlene Costanzo

"Attention to little things is a great thing."
St. John Chrysostom

"It's a funny thing about life: if you refuse to accept anything but the very best you will very often get it." W. Somerset Maugham

"When love and skill work together, expect a masterpiece." John Ruskin

"The oak sleeps in the acorn; the bird waits in the egg...dreams are the seedlings of realities."
Anonymous