



# The Virtue of Tolerance

Being tolerant is accepting differences. You don't expect others to think, look, speak or act just like you. You are free of prejudice, knowing that all people have feelings, needs, hopes and dreams. Tolerance is also accepting things you wish were different with patience and flexibility.

## *You are practicing Tolerance when you:*

Build unity with others who are different from you

Are free of prejudice

Make others feel included by reaching out in friendliness

Don't complain about things that cannot be changed

Change yourself instead of trying to change others

Accept people the way they are, faults and all

## *Affirmation*

I am tolerant. I appreciate differences. I overlook people's faults. I accept the things I cannot change with good grace.

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