

Cardinal Virtues and their Sub-Virtues

The four cardinal virtues of Prudence, Justice, Fortitude, and Temperance are listed below with their bulleted sub-virtues and an explanation. Sub-virtues with an arrow (→) are the minimum virtue commitment. For examples of habits for each of these sub-virtues, visit the ARMOR website at www.ARMORministry.com/grow-in-virtue and click on any hyperlinked sub-virtue in the Commit to Virtues section.

Prudence

The cardinal virtue of Prudence (practical wisdom) and its following sub-virtues deal with our thoughts:

- **Memory:** Recollecting existing knowledge from facts or experience.
- **Judgment:** Knowing what principles to use in a particular situation.
- **Teachability:** Learning from others.
- **Creativity:** Gaining new information by discovery.
- **Reasoning:** Moving logically from one step to the next until reaching a conclusion.
- **Alertness:** Having situational awareness.
- **Foresight:** Setting the right goals and updating them as necessary.
- **Preparedness:** Anticipating obstacles & deciding what to do to avoid them.

Justice

The cardinal virtue of Justice and its following sub-virtues deal with our actions:

- **Distributive Justice:** Fair distribution of shared benefits & burdens from a community to individuals.
- **Commutative Justice:** Being fair in commercial transactions from one person to another.
- **Honesty:** Telling the truth, or at least not lying.
- **Gratitude:** The appropriate response when someone does good things to or for us.
- **Correction:** The appropriate response when someone does bad things.
- **Friendliness:** Treating well others with whom you interact.
- **Generosity:** Being willing to share what you have.
- **Compliance:** Obeying those in authority over you.
- **Respect:** Honoring the dignity of others.
- **Patriotism:** Doing your duty to your parents and country.
- **Religion:** Doing your duty to God.
- **Reasonableness:** Going beyond laws, rules, or customs to be just toward others.

Fortitude

The cardinal virtue of Fortitude (courage) and its following sub-virtues deal with our feelings of fear:

- **Perseverance:** Enduring physical challenges.
- **Resilience:** Enduring mental challenges.
- **Magnanimity:** Greatness of soul or spirit in taking on big challenges.
- **Munificence:** Spending large sums of your own money to achieve a great good.

Temperance

The cardinal virtue of Temperance (self-discipline) and its following sub-virtues deal with our feelings of desire:

- **Restraint:** Refraining from the desire to do something unworthy.
- **Humility:** Managing the desire to do great things.
- **Diligence:** Intense study driven by a love of knowing.
- **Gentlefirmness:** Directing your anger toward making things right.
- **Forgiveness:** Moderating your response to what causes anger.
- **Orderliness:** Prioritizing and completing work.
- **Eutrapelia:** Incorporating effective play/leisure time.
- **Gravitas:** Concerns fidgeting, slouching, or other actions that distract others.
- **Suppleness:** The impact of your movement on your physical health.
- **Modesty:** Dressing suitably to prevent distracting others.
- **Abstemiousness:** Moderating your eating & drinking.
- **Sobriety:** Drinking alcohol in moderation, not in excess.
- **Chasteness:** Moderating the sexual appetite to your state in life.
- **Thrift:** Being satisfied with the quantity of things you have.
- **Contentment:** Being satisfied with the *quality* of things you have.