

Wisdom Café notes – Qualities and deficiencies

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What do you consider the most important virtues?

Truth, being trustworthy, kind, honest, integrity, patience, understanding, being empathetic, humility, loyalty, prideful, being transparent with one another, friendship, listens without judgement, doesn't criticize

Are you looking for different personal qualities depending on the sort of relationship you hold?

Changes depending on the person, compromise, role changes in different circumstances but the virtues should be the core starting point, depending on the person, have difference of opinion but be kind, "what you speaks so loudly I cannot hear what you say"

Do you feel a person's qualities are part of their personality?

Qualities can be learned, genetics determine who you are to a certain point but can change your behavior, generosity works against us at times

What qualities have you taught yourself that wasn't part of your personality?

Compliment people who have had to work at something, I could work on complimenting people even more, communication goes a long way as it shows someone you care and can be seen as a compliment

What can you do to improve your own personal qualities?

Listen more, talk less, be aware of your faults, listen to understand and not only to respond, want to keep hope alive, trying to be more Zen, evaluate how we communicate with others from different cultures, become more encouraging and respectful