

SOCIETY OF SAINT VINCENT DE
PAUL INTERNATIONAL COUNCIL
GENERAL

INTERNATIONAL TRAINING
**PERSONAL
FULFILMENT**



PERSONAL FULFILMENT



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1 FOR A FULLER AND HAPPIER LIFE

2 TAKING CARE OF ONESELF

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FOR A FULLER AND HAPPIER LIFE



What are the values which help us to live a better quality of life: to make it more fruitful, guide it more certainly, make it a greater source of joy and happiness for ourselves and others?

There are many possibilities, but we are only going to consider some of them...

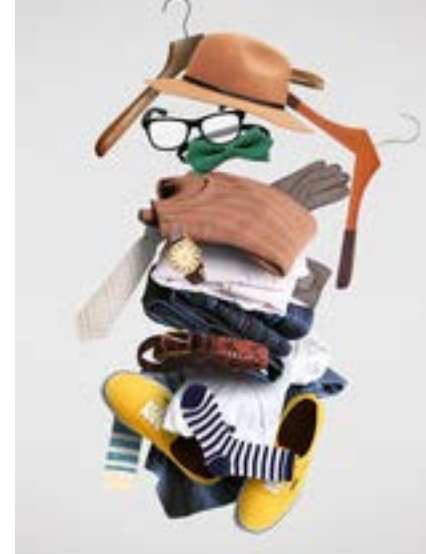
TAKING CARE OF ONESELF

It is important that we love ourselves, that we take care of ourselves and we can know how to enjoy ourselves.

We are our own best friend. If we are not good ourselves, we cannot pass on anything good.

For our bodily needs, we must

- Look after our health
- Follow a healthy lifestyle
- Try to be well organised and sensible
- Give a good image of ourselves



A GOOD EDUCATION

Here are other important values to cultivate: good education, kindness, courtesy, good manners.

These are keys which open many doors.



MORAL VALUES

Moral values also contribute to our personal flourishing. They help guide our life and give us peace of mind. We will come to these later.



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AT A PSYCHOLOGICAL LEVEL



AT A PSYCHOLOGICAL LEVEL

- Try to be at peace with yourself and with others. Negative feelings such as rancour, envy, hatred or jealousy do the worst damage to the human heart. We are the first victims of a bad mental attitude.
- Choose good friends, and keep away from people who don't suit you.
- Don't neglect the little things
- Make good use of your gifts
- Rejoice in your own successes and projects
- Don't compare yourself to others
You are unique. Neither better nor worse than anyone else.



AT A PSYCHOLOGICAL LEVEL

- Have trust in people. But at the same time, be careful. Attend to the little details.
- Learn to distinguish what matters from what is unimportant. Keep a constructive frame of mind. Set yourself priorities.
- Turn down the heat. Keep things in proportion. Remember the world does not revolve around you. You aren't the only person with problems. Look round you.
- Learn to give up your time. Set yourself a daily schedule.
- Be disciplined.
- And also, be good to yourself. Do something fun from time to time.
- Try to keep up your own interests. Nurture your passions.
- Keep your sense of humour. Laugh when you can. And laugh at yourself.

AT A PSYCHOLOGICAL LEVEL

- Don't given in and accept defeat. But accept there are things that don't depend on you.
- You're not responsible for everything which happens to you, nor which happens to others.
- Be aware of all this. Don't feel bad. You're not indispensable, either.
- Try to forgive those who have done you harm, even if you can't forget it. Forgiveness is freedom.
- Discard your fears, which are all irrational, and imaginary.
- Try to learn new things.



AT A PSYCHOLOGICAL LEVEL

- Live in the present, while building the future. However much you would like to, you cannot change the past.
- Don't be pessimistic.
- And don't be violent. Count to ten, and breathe.
- If you want to change something or someone, start by changing yourself.



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When it comes to moral values, we start from the principle that human persons, by their very condition, have a special value. These are the values we must develop:

- The very foundation is: **dignity and respect for oneself**
- **Honesty:** We must respect the values which mark out our Christian culture. Do not lie, do not steal, do not deceive, do not kill.
- **Prudence:** This involves discerning good from evil, following the one and avoiding the other. This requires some reflection. We have to think before we act. We also have to consider the possible consequences of our words and actions.
- **Justice.** This is one of the cardinal virtues, which involves giving each person their due. We have to exercise it, and demand it. As far as possible, we must avoid judging, “*so that we are not judged in turn*”.
- **Friendliness** This means being pleasant and amiable to other people.

- **Be a peacemaker.** Violence always breeds violence.
- **Mercy** Have compassion for the misfortune of others and try to relieve it as best you can.
- **Prayer:** It is beneficial and necessary to give a few minutes of our day to pray, to talk to our Father in heaven. We talk to Him of our concerns and our needs, as well as about everything good that's happened to us. We thank Him, and ask Him to help and protect us.
- **Love** We must make this feeling, the most precious of all, grow within us. It applies not just to our relationship with our family and loved ones, but also to everyone who, one way or another, accompanies us on our life's journey. This word "love" is always a bit vague. So that's why we have to find ways of making it more precise...

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1. Learn the names of people working with us, or even those we might meet in the lift, and then address them in future by their first name.
2. Look out for what others like, and try to give them pleasure.
3. As a principle, think well of everyone.
4. Get into the habit of doing good, especially towards those who would normally not deserve it.
5. Smile, smile always. Whether you want to or not.



6. Greet everyone, include those people we don't know well.
7. Visit the sick, or phone them up (especially people who are chronically ill).
8. Lend books, even if you risk losing a few. Give back books we have borrowed.
9. Return a service even before we're asked.
10. Forgive offences. Smile, especially at those who have done us harm.
11. Put up with difficulties. Put on a good face, even when situations are difficult, to hide our discomfort.
12. Speak to unsympathetic people
13. If possible, always reply to correspondence



14. Talk to small children Time spent with them is never wasted.
15. Support elderly people. Emphasise everything positive about them
16. Celebrate feast days and anniversaries of friends and acquaintances
17. Give small gifts to show your affection, but do not expect anything in return
18. Always be punctual, even if you have to wait.



19. Repeat back to people all the good things you have heard about them.
20. Give good news
21. Do not make a habit of contradicting people we are talking to.
22. Set out our arguments in discussions, in a gentle way.
23. Lead with kindness Never shout.
24. Correct in such a way that it is clear how much it costs to do it.



*Thank you so
much*



for your attention

