

## Cardinal Virtue

# Temperance

Balance and self-control

*Make me a person of temperance, my God.*

*To be balanced in what I say and do,*

*To be my true self,*

*And to make good choices.*

*I make this prayer in Jesus' name.*

*Amen.*

**I practice balance in my behaviours, honesty with others  
and make good choices.**

**Name:** \_\_\_\_\_