

# From the 7 Sins to the 7 Virtues

## PROTOCOL

- Write on 7 pieces of paper the 7 deadly sins.
- Put those pieces of paper in a circle
- Step on each piece of paper and spot the ones that talk to you in regards to your professional situation.
- Through gestures, words or writing, eliminate all the negative aspects in each of them.
- Go back on each piece of paper and search for the new positive words : the 7 lively virtues
- Build a sentence, a mantra with the 7 virtues by adding the least possible amount of words.