*Un método para potenciar tus virtudes:*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Domingo | Lunes  | Martes | Miércoles | Jueves | Viernes | Sábado |
| Templanza |  |  |  |  |  |  |  |
| Silencio |  |  |  |  |  |  |  |
| Orden |  |  |  |  |  |  |  |
| Determinación |  |  |  |  |  |  |  |
| Frugalidad |  |  |  |  |  |  |  |
| Diligencia |  |  |  |  |  |  |  |
| Sinceridad |  |  |  |  |  |  |  |
| Justicia |  |  |  |  |  |  |  |
| Moderación |  |  |  |  |  |  |  |
| Limpieza |  |  |  |  |  |  |  |
| Tranquilidad |  |  |  |  |  |  |  |
| Castidad |  |  |  |  |  |  |  |
| Humildad |  |  |  |  |  |  |  |