

# The Virtuous Circle of Authenticity ©

## Social Virtues

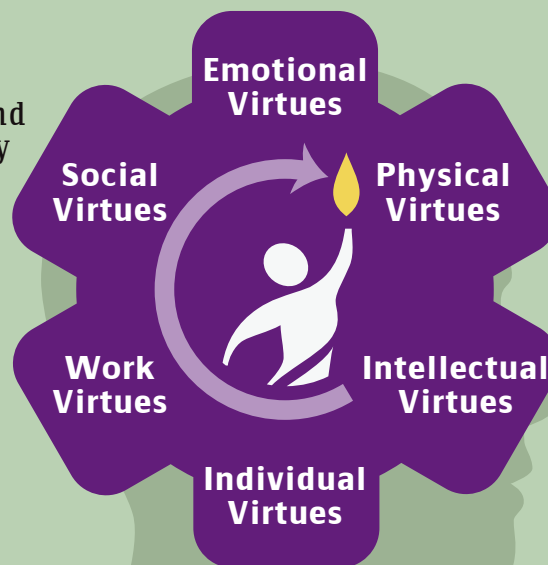
- + Better Social Skills
- + Better Relationships
- + More Social Acceptance and activity
- + Better Social Status
- + Better Teamwork
- + Better Sense of Community
- + More Productivity and Cohesive Community

## Emotional Virtues

- + More Happiness
- + More Fun
- + More Self Awareness
- + More Self Esteem
- Less stress
- Less Anxiety
- Less Depression

## Physical Virtues

- + More Motivation for Health
- + Better Fitness
- + Better Sleep
- + More Energy
- + Better Diet
- Less Obesity
- Less Alcohol, Cigarette, Drug Addiction
- Less Disease



## Work Virtues

- + Better Job Success
- + Better Productivity at Work
- + Better Leadership Skills
- + More Cost-effective Employee
- + More Income
- Less Absenteeism
- Less Presenteeism
- Reduced Health Care Costs

## Individual Virtues

- + Better Community Skills
- + More Honesty, Integrity, Respect
- + More Motivation, Enthusiasm
- + More Courage
- + Better Life Skills
- + Better Self Control

## Intellectual Virtues

- + Better Quality of Thinking
- + Better Productivity
- + Better Concentration, Attention
- + Better Learning
- + Better Brain Function
- + Better Mental Flexibility
- + More achievement at School and Work