

## **Qualities to Live as a Sister**

**Self Esteem and Personal Growth:** The woman has a healthy attitude toward self and her gifts; she sees herself as a person willing to grow; genuine; articulates her needs and feelings well, exhibits a positive, joyful attitude toward life; possesses adequate intelligence, physical and mental health to be involved in apostolic work, daily community living and lifelong formation, demonstrates courage to live with and act out of inner convictions; takes risks; manages conflicts, is assertive; takes responsibility for her own life, for employment, and in interpersonal relationships, has a wellness attitude toward living.

**Community:** She sees herself as a sharing person, sensitive, generous, and supportive of others; gives evidence of a give-and-take dynamic needed in community life; can sacrifice self for others; demonstrates choices for living with others; uses communication skills effectively with men and women; gives evidence of healthy interdependent relationships and the ability to live a committed celibate lifestyle; is open to those in authority and can listen to the Spirit within and through others; is flexible and can accept diversity in others and can live with ambiguities of the future.

**Spirituality:** She has an abiding sense of the presence of God in her reflective life; has a loving personal relationship with God, seeks growth in a Franciscan spirituality, and has a sense of a personal call to the Franciscan way of life. She is Gospel-oriented; desires to live the core Franciscan values of conversion, contemplation, poverty, and minority; lives out the values of peace and justice for all people with a preferential option for the poor and disadvantaged. Has a respect and care for all of God's creations.

**Ministry:** She has a sense of service; is willing to spend her energies in working with others; generative; can move beyond self; has demonstrated a consistent record of employability.