

	Virtue	Principle	Leaders with Well-Being (and heart health)...
	Commitment to Personal Growth	Know Thyself	... can distinguish between mere self-reflection and true insight. Because the goal of personal growth is always in their sights, they put the breaks on when they ruminate or worry.
	Open-Mindedness	Don't Judge	... catch their negative or judging thoughts of others (coworkers) or new ideas. They help develop perspective, cultural sensitivity, and approachability in themselves and others.
	Authenticity	They Need What You Need	... express their true self and admit their mistakes, making it safe for others. They are more likely to see the meaning in their jobs and help others also create meaning at work.
	Detachment and Trust	Letting Go	... can let go of resentments, having to have things "their way," and know the wisdom of delegation. They engender trust and collaboration in their team.
	Integrity and Foresight	Know Your Impact	... follow a moral compass and are willing to take a stand for doing things that bring out the best in others. They think ahead and consider how their actions will hurt or help others.
	Humility and Humbleness	Associates Have a Choice	... willingly see the big picture and their small part in it, knowing the downfall of micro-managing. Sensitive to the quality of their relationships, they can put their needs aside at the right time.
	Emotional Well-Being (Self-care)	Care for the Heart	... make no distinction between wellness/well-being, and productivity; knowing that you can't have one without the other. They role model health, support wellness, and work to make the work environment a healthy and happy place for all.