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Seven
Sacraments

**Baptism**

**Confirmation**

**Communion**

**Penance**

**Ordination**

**Matrimony**

**Unction**

Seven Gifts

of the Holy Spirit

**Fear of the Lord**

**Piety**

**Knowledge**

**Fortitude**

**Counsel**

**Understanding**

**Wisdom**

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| **Aristotle’s Golden Mean** |
| **-- Defect --** | **BALANCE** | **+ Excess +** |
| cowardice | COURAGE | rashness |
| stinginess | LIBERALITY | extravagance |
| sloth | AMBITION | greed |
| humility | MODESTY | pride |
| secrecy | HONESTY | loquacity |
| moroseness | GOOD HUMOR | bufoonery |
| quarrelsomeness | FRIENDSHIP | flattery |
| self-indulgence | TEMPERANCE | insensibility |
| apathy | EQUANIMITY | irascibility |
| Hamlet’sindecisiveness | Atticus’SELF CONTROL | Don Quixote’simpulsiveness |
| **\* Derived from *The Story of Philosophy* by Will Durant** |

 **Becoming a Knight**

 Page

 Squire

 Knight with an Accolade

 **Becoming a Guildsman** Apprentice

 Journeyman

 Master with a Masterpiece

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| --- |
| **FOUR HUMOURS** |
| **MajorElement** | **Seatof the Humor** | **Physical Traitsof the Humor** | **Personality****Characteristics** |
| AIR | blood | hot & moist | sanguine |
| FIRE | choler, oryellow bile | hot & dry | choleric |
| WATER | phlegm | cold & moist | phlegmatic |
| EARTH | black bile | Cold & drc | melancholy |

Epicureanism vs. **Stoicism**