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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**

|  |  |  |
| --- | --- | --- |
| **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’s  indecisiveness | Atticus’  SELF CONTROL | Don Quixote’s  impulsiveness |
| **\* 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

|  |  |  |  |
| --- | --- | --- | --- |
| **FOUR HUMOURS** | | | |
| **Major Element** | **Seat of the Humor** | **Physical Traits of the Humor** | **Personality**  **Characteristics** |
| AIR | blood | hot & moist | sanguine |
| FIRE | choler, or yellow bile | hot & dry | choleric |
| WATER | phlegm | cold & moist | phlegmatic |
| EARTH | black bile | Cold & drc | melancholy |

Epicureanism vs. **Stoicism**