

**Prudence:** Am I being prudent in my digital life? Perhaps, I fear being left out, not being considered by others, being ignored. Do I try to be balanced? Perhaps I am not careful with my words. I hurt people. Or perhaps I feel hurt by someone and would like to forgive. Maybe we should talk. Is prudence more a virtue or a limit of my character?

**Justice:** Am I being fair in my digital life? All of us have a feeling of what is not just. Am I open for others who are not online? What about the poor, the homeless, the migrant, the sick, the lonely, the elderly? Perhaps I should be more humble, more patient, fairer with them. They did not choose their condition. But I can choose to stand closer to them.

**Fortitude:** Am I being strong in my digital life? We often make choices that please ourselves, but do not want to face consequences. Am I strong enough to deal with the consequences of my actions? Perhaps I fear to speak up for those who suffer, I keep my eyes shut to bad news and pretend to live in a different world. But many others simply cannot run away from reality.

**Temperance:** Am I being temperate in my digital life? How much of a moderate person am I? Self-control is a challenge. We are constantly being instigated to consume and to get rid of things and people that do not serve our desires anymore. Do I control my instincts or do I simply want to satisfy all my wishes? Am I aware of the impact of excessive consumption on my life and on the planet's future?

**Faith:** Am I being faithful in my digital life? All of us have beliefs. If I have faith in God, how do I find him in the digital world? Perhaps I should be more aware that only God is omnipresent - I cannot be in all places at the same time. If I do not believe in God, who are the people that inspire me the most? Who are the people I can really trust? Maybe I should think about why they are a model for me and try to be like them.

**Charity:** Am I being charitable in my digital life? Charity is one expression of love. I may fall into many traps of the digital world, like superficiality, the objectification of others for my own pleasure, and not finding time to spend with the people I should care for. Is my digital life an expression of love?

**Hope:** Am I being hopeful in my digital life? Hope is largely determined by a positive approach to life. It is the strong belief that tomorrow things can get better. Perhaps it is easier to be hopeful coming closer to others who are doing good. Something concretely good. Learning also gives us hope, because it opens doors to new answers. How can I be an instrument of hope for others?