The Nine Noble Virtues

Courage
Truth
Honor
Fidelity
Discipline
Hospitality
Industriousness
Self-Reliance
Perseverance

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Courage means bravery and facing your fears.

That can mean something simple like not letting yourself be afraid of the dark, or something tougher like standing up to a bully.

The coward believes he will live forever
If he holds back in the battle,
But in old age he shall have no peace
Though spears have spared his limbs.

If you always try to avoid anything difficult, scary or risky, you will eventually look back on your life with a lot of regrets because you will have missed out on so many things.
Tell no lies and always be honest in life.

Even "little white lies" can get you into a lot of trouble. Even if you may be punished, you should tell the truth.

Counsel you second; swear no oath
But what you mean to abide by:
A halter awaits the word breaker,
Villainous is the wolf-of-vows.

Not only should you live your life without telling lies, you should also follow through on your word when you make a promise. If you say that you will do something, then make sure you do it.
Honor

Living your life by doing the right thing.

Having honor means that you've made choices that you don't have to be ashamed of.

All undone is no one, though at death's door he lie:
some with good sons are blessed,
and some with kinsmen, or with coffers full,
and some with deeds well-done.

Doing honorable things in life is just as valuable as money or even your own family.
Fidelity is another word for loyalty, meaning you stick with your friends and family.

Your friends need to be able to count on you, so stand by them even when nobody else does.

If you find a friend you fully trust
And wish for his good-will,
exchange thoughts,
exchange gifts,
Go often to his house

Nobody wants a friend who can't be relied on. On the other hand, a loyal friend is important and should be held on to tightly.
Discipline means knowing when to stay focused on your goals. Think about what you're doing.

You also need to have control over yourself. Don't blow your allowance on junk food, and don't waste your day watching TV!

Cattle die, kindred die,
Every man is mortal:
But the good name never dies
Of one who has does well.

Know what's important and stick to it. That's the way to really make great things happen.
Hospitality

Always be a good host when you have a guest.

When you have people over at your home, be polite and as helpful as possible. Share what you have and be generous.

Fire is needed by the newcomer
Whose knees are frozen numb;
Meat and clean linen a man needs
Who has fared across the fells.

Water, too, that he may wash before eating,
Hand cloth’s and a hearty welcome,
Courteous words, then courteous silence
That he may tell his tale.

Someday you might have to depend on someone else, so you should always treat guests well.

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INDUSTRIOUSNESS

Work hard.

Not much more needs to be said here. You'll never go wrong by putting in some extra effort.

Early shall he rise who rules few servants,
And set to work at once:
Much is lost by the late sleeper,
Wealth is won by the swift.

Being a lazy lump won't get you anywhere, so be ready to work when it's necessary. Most accomplishments in life come from hard work, so get started!

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SELF-RELIANCE

Knowing how to take care of yourself and being independent.

Don't wait around for someone to do stuff for you if you can do it on your own. Stand on your own two feet!

One's home is best, though small it be
To each home is hall.
The heart bleeds in the beggar who must
Ask at each meal for meat.

Take care of yourself and then you always have someone you can count on. Even if it means doing things small, at least you did it on your own.
Never quit and never give up.

Keep trying even when things are getting tough. Just see these problems as challenges to beat, whether it’s tough schoolwork or a difficult sports play.

May the halt ride a horse, and the handless be herdsman, the deaf man may dutily fight, a blind man is better than a bum one ay; of what gain is a good man dead?

No matter what your problem, there is always some way to overcome it. You just need to find that way through it.