

LEARN

- » Live by the same _____ that you hold everyone else to.
- » Be the same person in _____ that you are in public.
- » Your _____ and _____ need to agree.
- » Don't shy away from _____ work.
- » Keep your _____.
- » _____ with others of high character.
- » Follow through on _____.
- » Don't participate in _____ that puts the rest of your team in jeopardy.
- » Maintain your _____ and _____ in a difficult situation.

ANSWERS: standards, private, words, actions, hard, promise, associate, responsibilities, behavior, integrity, maturity, needs

JOURNAL

1. Write a description of what you believe a person of good character looks like?
2. How do you measure up to the description you've written?
3. Imagine you are someone observing your life, following you around. What would that person say about your character?
4. Think about one area where you would like to grow and develop in your character. Make a list of three practical things you can do to improve that area.

QUOTES

"Watch your thoughts, for they become words. Watch your words, for they become actions. Watch your actions, for they become habits. Watch your habits, for they become character. Watch your character, for it becomes your destiny."

Author Unknown

"What lies behind us and what lies before us are small matters compared to what lies within us."

Ralph Waldo Emerson, American Essayist, Philosopher and Poet (1803-1882)

"Character is what you are in the dark."

Author Unknown

PRACTICAL STEPS

- [+] **You get to make choices everyday.** Those choices count. Consider how the choices you make today effect your character.
- [+] **It's easy to make a promise, it's more difficult to keep one.** Work at keeping your promises today.
- [+] **Character is made in the small moments of our lives.** Think about what kind of character your exhibited in the small things today.
- [+] **There are no shortcuts to strong character.** If you are tempted to try to cut corners in a certain area, determine the effect it will have on your character.
- [+] **Ask yourself,** "Is my current decision or action building or tearing down my character?"
- [+] **Identify one person** whom you believe exhibits good character and use them as a role model for your own life.

FILL IN THE BOXES WITH THE FIVE TAKEAWAYS THAT YOU WILL ACT UPON

	P	S	D
1			
P COLUMN: RANK ITEMS FROM [1-5]			
2			
S COLUMN: SCORE EACH ITEM [1-5] [1] BEING STRONG AND [5] BEING WEAK			
3			
D COLUMN: DO [+] DELEGATE [-] DELAY [?] DELETE [X]			
4			
ON BACK OF PAGE: LIST ACTION ITEM, THOUGHT, DUE DATE			
5			