



CORE Character Traits

Compassion vs. Insensitivity

is caring for ourselves and others and supporting people during times of need.

Civility vs. Rudeness

is approaching others calmly, showing respect in my words and actions regardless of differences.

Determination vs. Avoidance

is staying focused and overcoming challenges to finish a goal, task or objective.

Generosity vs. Selfishness

is giving freely of my time, talents and possessions without expecting anything in return.

Gratitude vs. Ungratefulness

is expressing thanks and appreciation for the people, places and things in my life.

Humility vs. Arrogance

is limiting my feelings of self-importance and recognizing that everyone has strengths and limitations.

Integrity vs. Deceitfulness

is adhering to strong moral values and doing the right thing in a transparent and honest way.

Optimism vs. Pessimism

is embracing a mindset of positivity and hopefulness that a situation will result favorably.

Respect vs. Disrespect

is recognizing, accepting and demonstrating the value of people, places and things through my words and actions.

Responsibility vs. Irresponsibility

is knowing and doing what is necessary to meet my obligations.

Self-Control vs. Unrestrained

is being mindful of my thoughts, feelings and behaviors and exhibiting restraint to yield a better outcome.

Wisdom vs. Ignorance

is reflecting on experiences and using knowledge gained to make good decisions.

Companion Traits

Integrity	Determination	Compassion	Responsibility	Respect	Gratitude
Companion Traits-The traits below support or otherwise demonstrate the core trait above it.					
Honesty	Fortitude	Love	Accountability	Tolerance	Thankfulness
Truthfulness	Perseverance	Understanding	Dependability	Acceptance	Appreciation
Trustworthiness	Persistence	Empathy	Diligence	Attentiveness	Recognition
Morality	Courage	Caring	Commitment	Punctuality	Honor
Reliability	Endurance	Friendship	Obligation	Esteem	Being Present
Transparency	Adaptability	Forgiveness	Promise	Recognition	Mindfulness
	Grit	Kindness		Courtesy	
Generosity	Self-Control	Optimism	Wisdom	Civility	Humility
Companion Traits-The traits below support or otherwise demonstrate the core trait above it.					
Charity	Discipline	Enthusiasm	Creativity	Fairness	Modesty
Service	Temperance	Positivity	Curiosity	Justice	Unselfish
Citizenship	Attentiveness	Hope	Knowledge	Cooperation	Meekness
Giving	Moderation	Resilience	Understanding	Citizenship	Realistic
Sharing	Chasity	Contentment	Discernment	Deference	Patience
Kindness	Patience	Faith	Savvy	Tolerance	Self-Awareness
		Belief		Kindness	