

CHARACTER STRENGTH DEVELOPMENT

Focus Period: _____ Name: _____

CORE STRENGTH	DAILY ACTION/PRACTICE	M T W T F S S
Resilience	Reframe one setback as a learning opportunity.	
Integrity	Align actions with stated values, even when unobserved.	
Curiosity	Ask "why" or "how" regarding a new topic or perspective.	
Discipline	Complete the most difficult task first.	

WEEKLY REFLECTION & INSIGHTS

Personal Growth Template â€œ "Character is what you do when no one is looking."