

CHARACTER STRENGTH BUILDING

NAME:

WEEK OF:

CORE STRENGTH

ACTION/DAILY PRACTICE

M T W T F S S

Resilience

Reframing a setback as a learning opportunity.

Integrity

Aligning actions with stated personal values.

Empathy

Active listening without offering immediate judgment.

Discipline

Completing the most difficult task before noon.

Gratitude

Documenting three specific wins from the day.

REFLECTIONS & OBSERVATIONS