

Character Strong

THE CHARACTERCARD PROCESS

Purpose: A system to consistently implement the Eight Essentials (Patience, Kindness, Honesty, Respect, Selflessness, Forgiveness, Humility, and Commitment) into your life and school.

Procedure:

- At the beginning of the year, have students think about a very specific goal they want to focus on all year long. This is their overall goal for the year. Examples: I want to learn five new names a week. I want to hold the doors open at school three times a week. I want to write two thank you letters a week.
- At the beginning of each week, sit down and set one very specific service goal using one of the Eight Essentials to focus on at your school.
- Set one specific goal using that same Essential for character work at home.
- Within your class, or outside of class, pick an accountability partner to do the CharacterCard with each week. Both of you then have the job of asking each other how your goals are going each day during the week.
- After setting the goals each week, tell more than one person during the week what your goals are. This increases the level of accountability.
- Use the CharacterDare examples to help come up with ideas on how to serve using the Eight Essentials. (Learn more about these at www.characterstrong.com/dares)

Reminder #1: It is the little things you do that make the biggest difference.

Reminder #2: Character can be learned. You can learn to be more patient, kind, humble, respectful, selfless, forgiving, honest, and committed through practice.

Reminder #3: You build influence through servicing and sacrificing for others.

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OVERALL	SCHOOL	HOME
Write 5 notes per week to people in my school.	Clean up after the football game with 3 friends.	Surprise my brother with his favorite meal.

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To help you accomplish your CharacterCard plan, choose one of your classmates to hold you accountable.

A pledge to yourself:

I, _____,

pledge that I will strive to improve the life of those around me by working daily to improve my character and servant-leadership skills.

In order to accomplish my goals completely, I know that I will need help. Therefore, I have asked

to hold me accountable throughout the year. We have agreed to meet/correspond monthly / weekly / daily (circle one) to review my goals.

Partner's phone number:

Other Contact Info (Social Media or Other):

