



# Two Faces of Character

## Lesson Content

We don't have to look very far to find examples of good or poor character traits. We see it in sports, business, and in school. Examples of good character show up in our heroes, and sometimes poor character still ends up holding a trophy at the end of a game. It can be confusing.

On page two you'll find a list of character traits that most people connect with achieving success in life. Select what you consider the 10 most important character qualities to strive for.

Character has two faces. Some character strengths face inward toward self, and some character strengths face outward toward others. This list has both types, so now I'd like you to notice how many of the 10 you selected are just about you, and how many are about your relationship with others. Take a quick tally of your top picks in each category. How many did you find?

While both types of character strengths are important, what percentage do you think should come in each category for a person to be truly happy and successful? (see page two)

**LEARNING OBJECTIVE:** Student will prioritize his/her most desired character traits and chart a course for improvement.

**INSTRUCTIONS:** Distribute page two of the handout to students in advance of the lesson for use during the video.

### DISCUSSION:

When it comes to character building strategies, which of the following do you prefer and why?

WRITING about It

ROLE-PLAYING to try it

TALKING about It

STORYTELLING about It

READING about It

DOING It

MODELING the Way

DEBATING Pros & Cons

# Two Faces Of Character Worksheet

Circle What You Consider the Top Ten Most Important Character Strengths

From "The Only Way to Win" by Dr. Jim Loehr

Effort Investment

Perseverance

Self-Discipline

Constructiveness

Optimism

Determination

Concentration

Love for Others

Care for Others

Kindness

Honesty

Hope

Love of Learning

Creativity

Critical Thinking

Humor

Focus

Commitment

Truthfulness

Integrity

Humility

Gratefulness

Seeking Challenges

Resiliency

Self-Control

Ambition

Resourcefulness

Reliability

Positivity

Justice

Fairness

Generosity

Responsibility

Competitiveness

Punctuality

Decisiveness

Mental Toughness

Bravery

Patience with Self

Diligence

Loyalty to Others

Patience with Others

Respect for Others

Honor

1

Which three character traits do you choose as most urgent to be improved?

2

Which strategies from page one are the best methods for you to grow your character and why?