





## Building Character Strengths

Which character strength did you rank as #1 above? \_\_\_\_\_

Start here! This character strength needs the most energy invested.

1. **Talking** – Talking about character traits gives them strength.
2. **Writing** – Write down character traits you want to practice. List examples for building them.
3. **Reading & Storytelling** – Read and tell/listen to stories that discuss character traits you want.
4. **Modeling** – Practice exhibiting character traits you want in front of others.
5. **Do it!**

### Write Your Ritual

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Example: I will find 1 opportunity each day to talk about the character traits I want to strengthen.

## Writing Rituals

- Ritual - an intentional action we do with a purpose beyond the scope of the action itself
- Habit - something we do automatically without thought or intention
- Your rituals help you reach your ultimate mission. Your rituals could become habits.
- Make your rituals SMART - Specific, Measureable, Achievable, Relevant and Time-bound
- Practice your rituals and write new ones once you have them down!

*Be careful of your **thoughts**,*

*for your thoughts become your **words**.*

*Be careful of your **words**,*

*for your words become your **actions**.*

*Be careful of your **actions**,*

*for your actions become your **habits**.*

*Be careful of your **habits**,*

*for your habits become your **character**.*

*Be careful of your **character**,*

*for your character becomes your **destiny**.*