

Well Powered Living 3.0

Class 4: Training Character Muscles

Your Ultimate Mission	

Energy = Quantity, Quality, Focus & Intensity

We must invest energy with positive emotions, mental focus and spiritual alignment to reach our maximum potential.

Activity: Identifying Your Character Strengths

Describe Your Best Self

1. Compare your description of your best self to your ultimate mission and make sure they align.

2. Grade yourself!

A = I'm doing amazing! F = I'm not doing so hot.

3. Rank your character strengths.

1 = MOST needed to reach my mission 6 = LEAST needed to reach my mission

Character Strengths Needed	Grade	Rank



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

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**.