



Well Powered Living 3.0

Class 3: Building Your New Character Scorecard

Your Ultimate Mission

You can GROW your character strengths!

Everyone can change and grow through application and experience.

- **Be curious.** Ask questions and learn about who you meet.
- **Take risks in front of others.** Mistakes are ok, even when others are watching.
- **Know your strengths and weaknesses.** Hone your strengths, and build your weaknesses.
- **Don't stop.** You can work through the setbacks you encounter.
- **Focus on the journey, not the destination.** Recognize things like focus, process, effort, strategy, progress, perseverance and hard work.
- **"Not yet" is ok.** Just because you can't do something now doesn't mean you can't do it ever.

Activity: Identifying Your Character Strengths

Describe Your Best Self

Compare your description of your best self to your ultimate mission written above.

Do they align? Yes or No

Where do they differ? _____



Write down 6 character strengths that you must strengthen to achieve your ultimate mission.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Grade yourself!

A = I'm doing amazing!

F = I'm not doing so hot.

Character Strengths Needed	Grade

Write Your Ritual

Example: I will take 1 risk each week to build my growth mindset.

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