


CHARACTER GROWTH CARD

A tool for discussion about character strengths

<p>_____ Student Name</p> <p>_____ DATE</p> <p>_____ Character Coach Name</p>	<p style="text-align: center;">Self Assessment</p> <p>(mark 1 of the the 4 categories and write explanation below) </p>	Not very evident	Sometimes evident	Fairly Strong	Strongly evident
<p>GRIT</p> <p>Stuck with a project or activity for more than a few weeks Tried very hard even after experiencing failure Stayed committed to goals Kept working hard even when s/he felt like quitting</p>					
<p>OPTIMISM</p> <p>Believed that effort would improve his/her future When bad things happened, s/he thought about things to do to make it better next time Stayed motivated, even when things didn't go well Believed that s/he could improve on things they weren't good at</p>					
<p>SELF CONTROL (school work)</p> <p>Came to class prepared Remembered and followed directions Got to work right away instead of waiting until the last minute Paid attention and resisted distractions</p>					
<p>SELF CONTROL (interpersonal)</p> <p>Remained calm, even when criticized or otherwise provoked Allowed others to speak without interrupting Was polite to adults and peers and kept temper in check</p>					
<p>GRATITUDE</p> <p>Recognized what other people did for him/her Showed appreciation for opportunities Expressed appreciation by saying "thank you" Did something nice for someone as a way of saying "thank you"</p>					
<p>SOCIAL INTELLIGENCE</p> <p>Was able to find solutions during conflicts with others Showed h/she cared about the feelings of others Adapted to different social situations</p>					
<p>CURIOSITY</p> <p>Was eager to explore new things Asked questions to help him/her learn better Took an active interest in learning</p>					
<p>ZEST</p> <p>Actively participated and showed enthusiasm Approached new situations with excitement and energy</p>					

Coach's Comments during review: