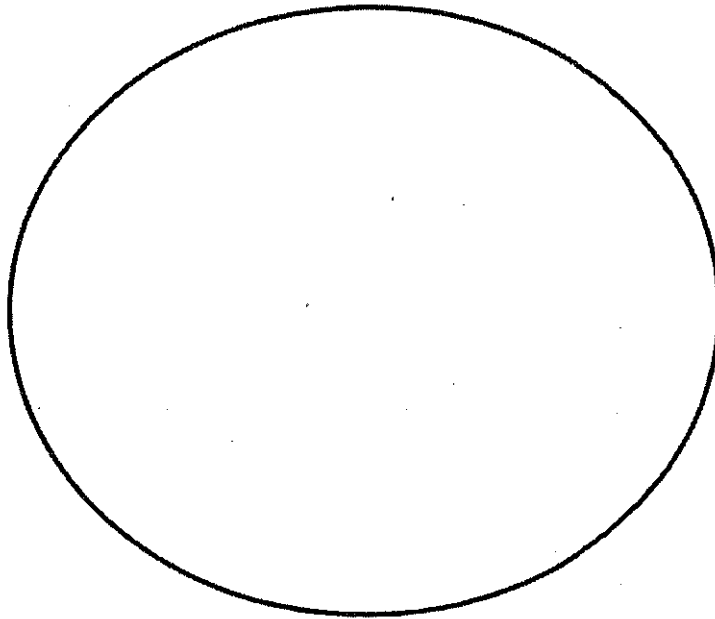


The Science of Character Video

Take a look at the Periodic Table of Character Strengths on the next page. What are your five strongest character strengths?

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

How would you divide them in a pie chart?



Notice where your strengths lie, are they all in one particular area (in, say, the Wisdom or Courage column) or are they spread out? What do you make of that?

The science behind character development shows two things: you should focus on the strengths you have, and second, develop the strengths you'd like to have. With that in mind, look back at the table of character strengths. What are three character strengths you'd like to develop?

What are some steps you can take to develop those three character strengths?

What character strengths are valued most at your school? Are these the same as the character strengths most valued at your home, or very different?

Who do you admire most in the world? And what are the character strengths you admire in them?

The film quotes a statement Frank Outlaw made in 1977:

Watch your thoughts, they become words;
Watch your words, they become actions;
Watch your actions, they become habits;
Watch your habits, they become character;
Watch your character, it becomes your destiny.

How would you update that today?

Watch your texts, they become _____
Watch your tweets, they become _____
Watch your Instagrams, they become _____
Watch your comments, they become _____
Watch your Facebook posts, they become _____

The film discusses the ways you can develop your character strengths in your day-to day life. Can you think of some ways you can develop your character strengths in your online life?

If our character strengths and our abilities aren't fixed, that means we could, potentially, achieve just about anything. Think really, really big: If you could achieve *anything*, what would you do?

PERIODIC TABLE OF CHARACTER STRENGTHS

WHAT ARE YOUR STRENGTHS
AND WHICH DO YOU WANT TO DEVELOP?

WISDOM	COURAGE	CREATIVITY	TEMPERANCE	TRANSCENDENCE
CREATIVITY	BRAVERY	SINCERITY	SOCIAL RESPONSIBILITY	APPRECIATION OF BEAUTY
CURIOSITY	PERSEVERANCE	HUMANITY	FORGIVENESS	GRATITUDE
LOVE OF LEARNING	HONESTY	LOVE	TEAMWORK	OPTIMISM
PERSPECTIVE	KINDNESS	SOCIAL INTELLIGENCE	FAIRNESS	HUMILITY
	ENTHUSIASM	LEADERSHIP	PRUDENCE	HUMOR
			SELF-CONTROL	SPIRITUALITY