

Character Strong

EIGHT ESSENTIALS SURVEY

SECTION 1: PATIENCE	Never 0	Seldom 1	Sometimes 2	Usually 3	Mostly 4	Always 5	Points
I keep my temper under control.							
I show understanding to others.							
I persevere through hard circumstances.							
I can "hold my tongue."							
I wait in line patiently.							
I let other people talk before speak.							
I tolerate other people's mistakes.							
I let myself learn from mistakes.							
I choose not to be demanding.							

TOTAL POINTS: _____



SECTION 2: KINDNESS	Never 0	Seldom 1	Sometimes 2	Usually 3	Mostly 4	Always 5	Points
I look for little ways to help.							
I show interest in others.							
I offer affirmations to my friends and family.							
I perform random acts of kindness.							
I don't gossip.							
I choose the higher good for others.							
I recognize others regularly.							
I say please and thank you.							
I support others with my actions.							
I support others with my words.							

TOTAL POINTS: _____



SECTION 3: HONESTY	Never 0	Seldom 1	Sometimes 2	Usually 3	Mostly 4	Always 5	Points
I don't tell lies.							
I don't tell others only what I think they want to hear.							
I admit my true feelings to others.							
I don't steal.							
I don't cheat.							
I follow through on my promises.							
I have actions that match my intentions.							
I give honest feedback to others with kindness.							
I only share real stories.							
I don't make up excuses.							

TOTAL POINTS: _____



SECTION 4: RESPECT	Never 0	Seldom 1	Sometimes 2	Usually 3	Mostly 4	Always 5	Points
I ask permission before I borrow.							
I am on time.							
I value other people's opinions.							
I look people in the eye.							
I show others value with my words.							
I show others value with my actions.							
I accept different points of view.							
I look for the best in others.							
I see past physical appearances.							
I don't talk when others are talking.							

TOTAL POINTS: _____



SECTION 5: SELFLESSNESS	Never 0	Seldom 1	Sometimes 2	Usually 3	Mostly 4	Always 5	Points
I give my time to other people.							
I give my attention to other people.							
I give without expecting anything in return.							
I am considerate of other people's feelings.							
I risk my pride to serve others.							
I ask others how I can be of help.							
I leave the last piece for someone else.							
I worry how my actions affect others.							
I think and listen to others before I speak.							
I serve others before myself.							

TOTAL POINTS: _____



SECTION 6: FORGIVENESS	Never 0	Seldom 1	Sometimes 2	Usually 3	Mostly 4	Always 5	Points
I forgive others when they're wrong.							
I let go of the past.							
I tell others that I forgive them.							
I ask for forgiveness.							
I accept others for who they are.							
I allow myself to change my perspective.							
I don't give others the silent treatment.							
I realize that everyone, including myself, makes mistakes.							
I give second chances.							
I show understanding to others who fail.							

TOTAL POINTS: _____



SECTION 7: HUMILITY	Never 0	Seldom 1	Sometimes 2	Usually 3	Mostly 4	Always 5	Points
I admit it and apologize when I'm wrong.							
I don't have to be the center of attention.							
I like to share success with others.							
I don't think I'm better than others.							
I ask for help when I need it.							
I help other people to shine.							
I am willing to change things about myself.							
I am open to feedback.							
I am vulnerable with my friends and family.							
I can laugh at myself.							

TOTAL POINTS: _____



SECTION 7: COMMITMENT	Never 0	Seldom 1	Sometimes 2	Usually 3	Mostly 4	Always 5	Points
I complete something even when it is difficult.							
I honor my decisions.							
I give school my all.							
I give my family my all.							
I am not a quitter.							
I show perseverance when things get hard.							
I take pride in the way I live my life.							
I follow through.							
I think before I act.							
I follow my dreams in life.							

TOTAL POINTS: _____



	5	10	15	20	25	30	35	40	45	50
Section 1: Patience										
Section 2: Kindness										
Section 3: Honesty										
Section 4: Respect										
Section 5: Selflessness										
Section 6: Forgiveness										
Section 7: Humility										
Section 8: Commitment										

MY TOP THREE GIFTS AS A LEADER ARE:

1. _____

2. _____

3. _____

THE TWO AREAS I NEED THE MOST GROWTH IN ARE:

1. _____

2. _____

