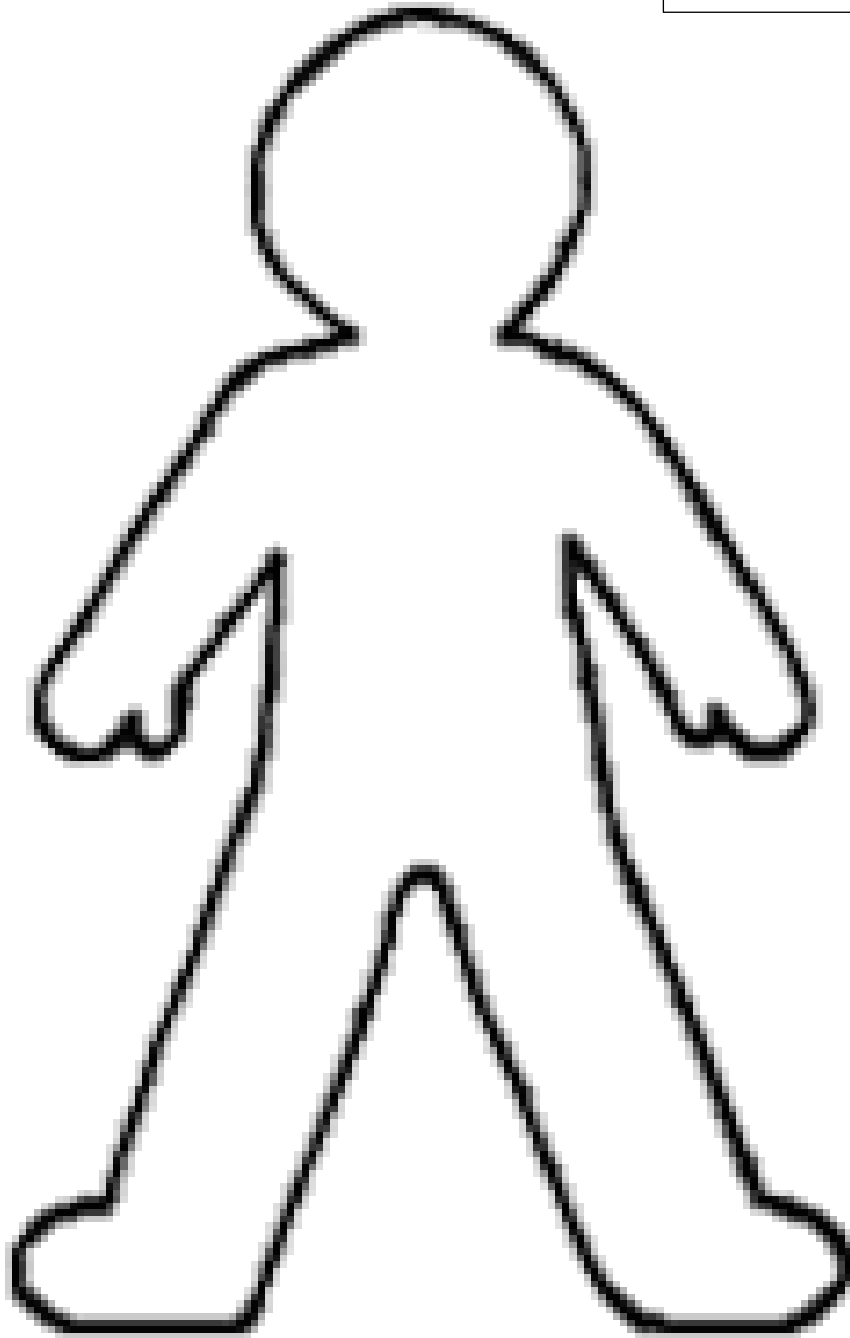




# My Character Diary



Name:



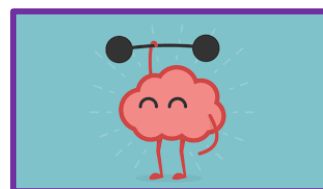
We are like colourful patchwork people, made up of many traits and values!

The value I want to work on to build my character is \_\_\_\_\_.

## My To Do List:



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



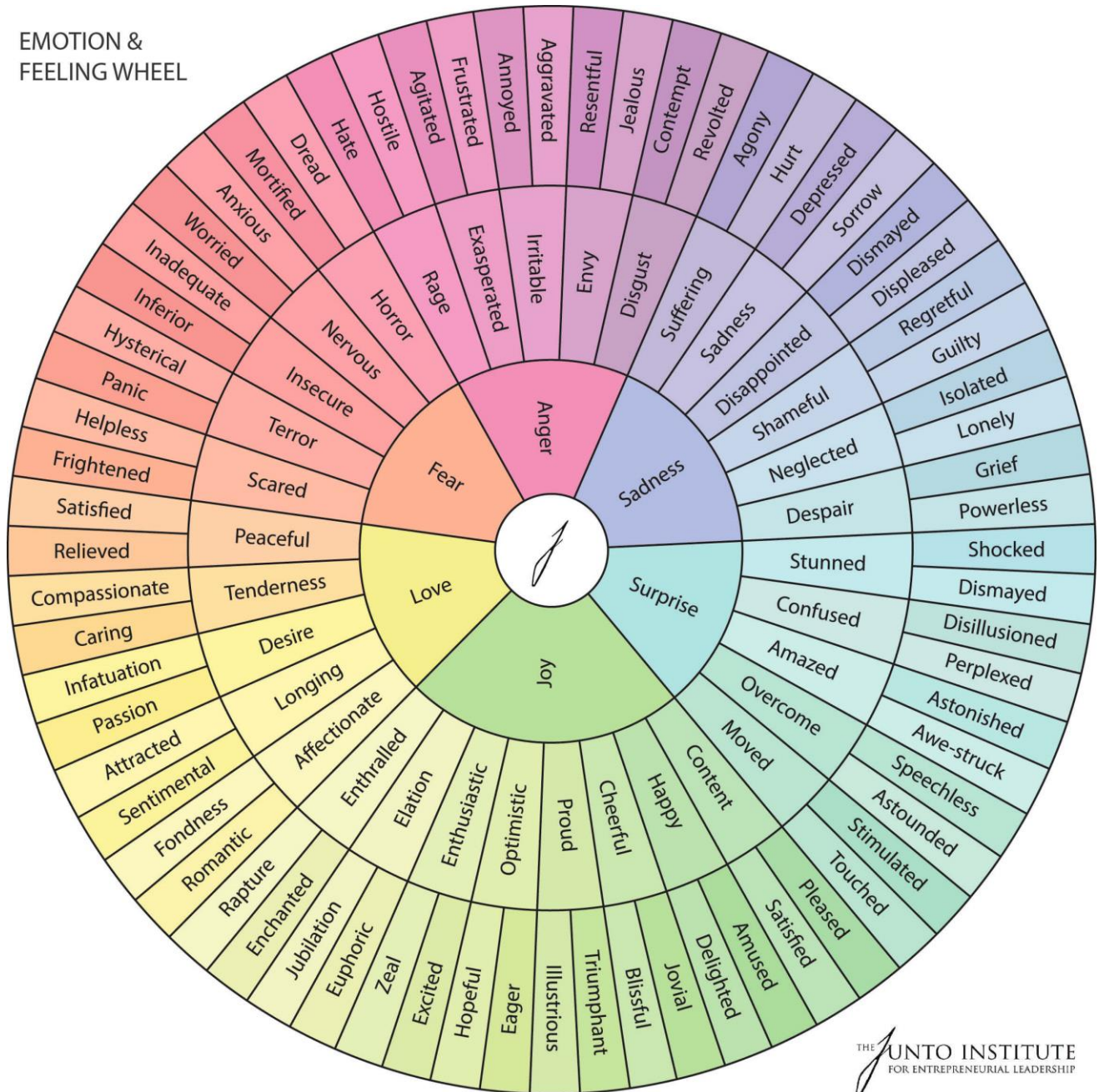
**Did you know:** your brain is a muscle so you need to work on it – that's why we are **DOING** something to improve our brain and character.

**Tip:** think about today, this week, this term, this year and in the future!

# Emotions Wheel

This may help you reflect on your self each week

EMOTION & FEELING WHEEL



# RESPECT

## Self-Reflection

A time when I have shown respect...

A time when I forgot to show respect...

Emotions I felt at this time...

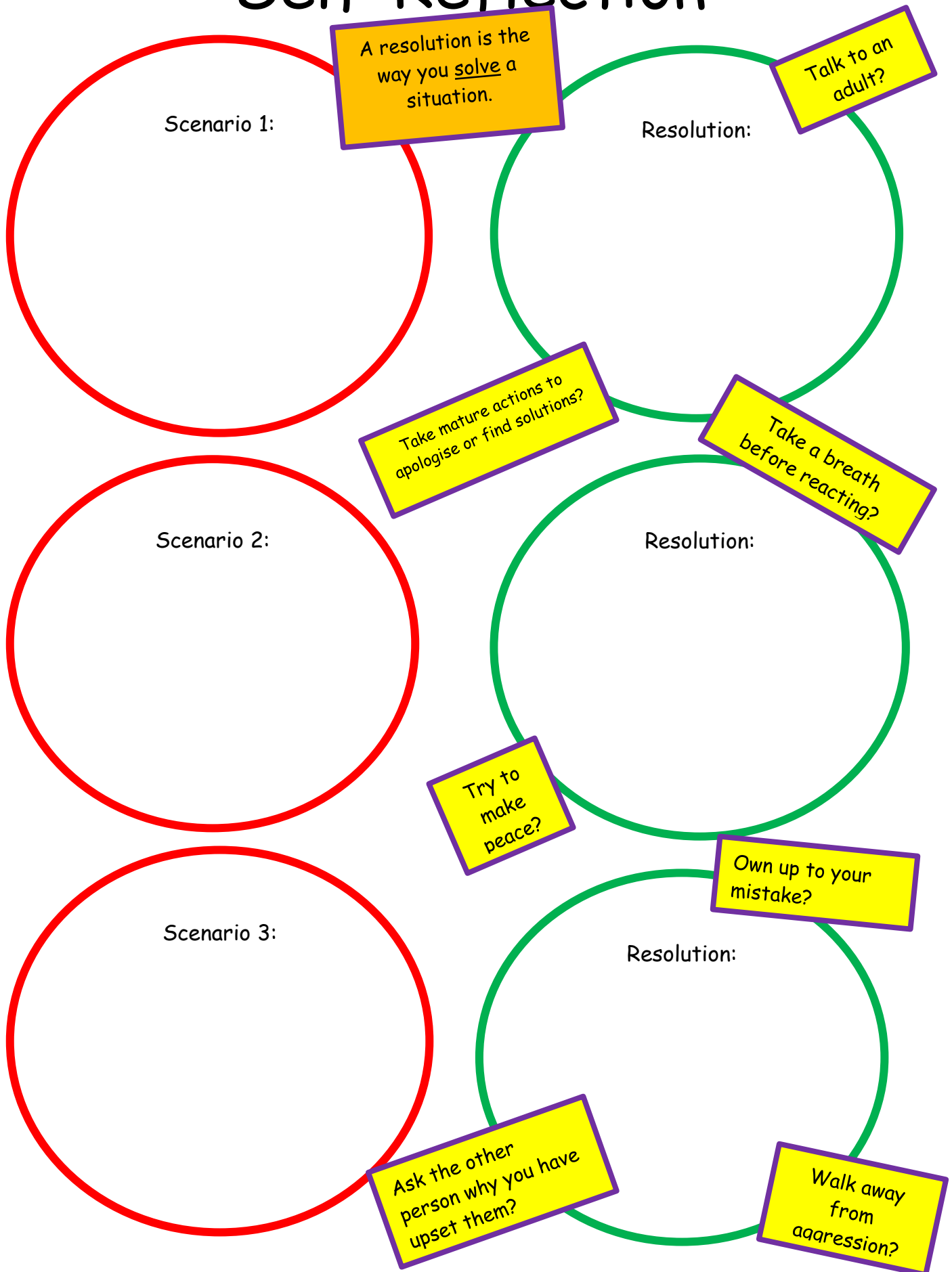
Emotions I felt at this time...

My random act of kindness will be...



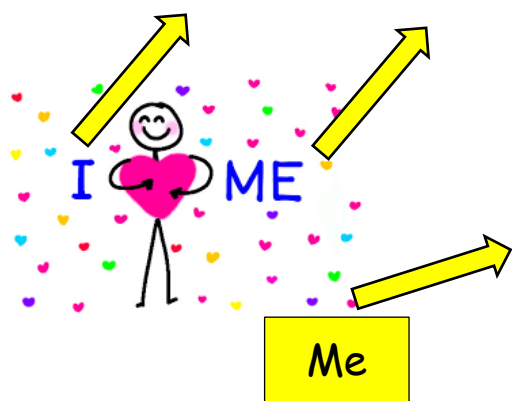
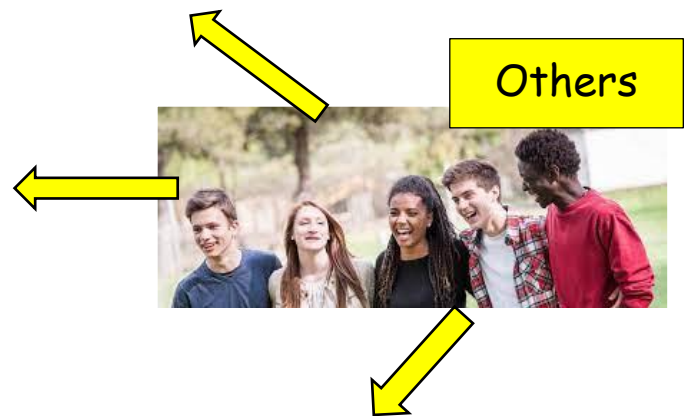
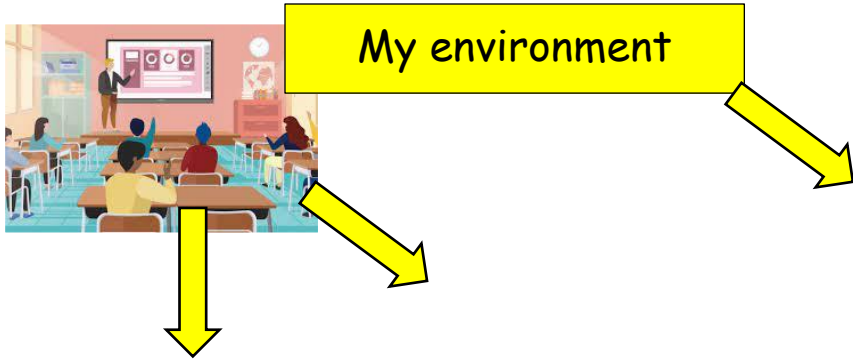
# INTEGRITY

## Self-Reflection



# RESPECT

## Self-Reflection



# ASPIRATION

## Self-Reflection

Adjectives I choose to describe myself

Adjectives to describe my friend

### Open

Attributes you selected for yourself and that others selected for you.

### Blind spot

Attributes that others selected for you, but you did not select for yourself.

### Hidden

Attributes that you selected for yourself but others did not select for you.

### Unknown

Attributes that neither you nor others selected for you





# ASPIRATION SELF-REFLECTION



My future



Challenges



Solutions

Something I aspire  
to do this year

Something I aspire  
to do this month

Something I aspire  
to do today