



My Character: My Life, Your Life, Our Future

Name:

My School:

My Teacher:

My Class:

Introduction

The My Character Resources have been developed by the Jubilee Centre for Character and Virtues at the University of Birmingham, alongside young people across the UK. This is one of a set of 10 eResources, each aiming to encourage young people to be more future minded and to think about who they are and who they want to become.

The other eResources in this series are

Having a Dream
Saving for the Future
Having Patience
Helping Others
Being Determined
Having Courage
Working Together
Thinking Creatively
My Character – Review

Please go to www.mycharacter.co.uk to download them.

Who am I?...
Who do I
want to be?



- Having a Dream
- Saving for the Future
- Having Patience
- Helping Others
- Being Determined
- Having Courage
- Working Together
- Thinking Creatively

My Character: My Life, Your Life, Our Future

‘Character is who you are. It is what makes you...you. It is what you believe in and how you act with others and when on your own. It is your values and your virtues.’

Over the next year this journal will help you think about who you are and who you want to be.

It will help you think about your character – what makes you...you?

The activities you take part in will inspire you and also raise questions. They will make you look at yourself like you have never looked at yourself before.

The journal will encourage you to think about your values and goals, and enable you to achieve your dreams. It will make you ‘forward thinking.’ It will give you direction in life, and the ability to look at yourself from all angles or 360 degrees. It is the passport to your successful future.



These resources will help you think about eight essential character traits. These are:

- Having a Dream
- Saving for the Future
- Helping Others
- Having Courage
- Having Patience
- Being Determined
- Thinking Creatively
- Working Together

They are full of inspiration, activities and space for you to reflect on yourself.

'Character is much easier kept than recovered'

Thomas Paine

'The road to success is always under construction'

Lily Tomlin

'The whole point of being alive is to evolve into the complete person you are intended to be'

Oprah Winfrey

'Success is ninety-nine percent mental attitude. It calls for love, joy, optimism, confidence, serenity, poise, faith, courage, cheerfulness, imagination, initiative, tolerance, honesty, humility, patience, and enthusiasm'

Wilfred Peterson

'No one can believe in you until you believe in yourself'

Kirsty Williams

'To wish that you are someone else is to waste the person that you are'

Anon

"the cell is an ideal place to learn to know yourself, to search realistically and regularly the processes of your own mind and feelings. In judging our progress as individuals we tend to concentrate on external factors such as one's social position, influence and popularity, wealth and standard of education but internal factors may be even more crucial in assessing one's development as a human being: honesty, sincerity, simplicity, humility, purity, generosity, absence of vanity, readiness to serve your fellow men – qualities within the reach of every soul – are the foundation of one's spiritual life at least, if for nothing else, the cell gives you the opportunity to look daily into your entire conduct to overcome the bad and develop whatever is good in you. You may find it difficult at first to pinpoint the negative factors in your life, but the tenth attempt may reap rich rewards."

Nelson Mandela (1975) writing a letter to his wife, whilst in prison

Your Journey Starts Here... what direction are you going in?

1

Activity 1: Who Am I... Now?

Before you can begin to develop your character, you must first stop and think about who you are... now, today.

Look all the following character traits.

- Put a BIG tick next to all of the character traits you think you already have
- Put a circle round those you would like to develop further

Honest

Patient

Good at Saving

Determined

Creative

Cooperative

Dependable

Easygoing

Encouraging

Charitable

Caring

Humble

Courageous

Compassionate

Good team worker

Brave

Capable

Considerate

Enthusiastic

Fair

Friendly

Generous

Helpful

Loyal

Optimistic

Responsible

Thoughtful

Tolerant of others

Good Sense of Humour

Character First....why it matters.

People make judgements about you based on many things. They may judge you on your exam results, what you do, or who your friends are, but all of these things depend on what character you have. So, people judge you on your character more than perhaps anything else.

This is why it is so important to think about your character, to think about who you are and who you want to be. Having a good character is your passport to a successful future.

C H A R A C T E R

Virtues

Virtues are all the good things about you. They can be used to describe your character. So you might be described as someone who is compassionate, courageous, honest or patient.

If you have a good character you are likely to have many good virtues.

2

Activity 2: Myself in Nine Words

Describe yourself using all the letters in the word Character

- 1 'In writing we capture a thought. We take something from inside ourselves and we set it out; it is a means of discovering whom we are, that we exist, that we change and grow.'
- 2 'I try to observe my own experience and discover the more I look the more I see'
- 3 'In my diary I just ramble until all of a sudden two or three words fit together and become the start of something great'
- 4 'The act of writing is a great stimulus to creativity. Writing our immediate thoughts makes more 'room' for new avenues of thinking, new possibilities'

Self – Reflection

A great way to develop yourself is to spend time thinking about yourself. Who you are, how you behave, what you do. This is called being self reflective. You can self reflect in many ways – writing, drawing, talking to others.

Reflection works best when it is personal and done in the style that suits you. Use pictures or your own language, to express yourself. As long as it makes sense and means something to you that is all that matters.



My favourite quote is:

Because:

.....

.....

.....

.....

.....

.....

.....



Activity 3: The A-Z of Me:

Write one word or short sentence for every letter of the alphabet that describes you:

A
B
C
D
E
F
G
H
I
J
K
L

M
N
O
P
Q
R
S
T
U
V
W
X
Y
Z

What Does it Mean?

Important words

Character

is who you are. It is what makes you.....you. It is what you believe in and how you act with others and when on your own. It is your values and your virtues

Character trait

a feature of an individual or group of people, it tells you about their personality

Virtue

a quality that is considered desirable in a person, all the good things about you that can be used to describe your character

The Eight Character Traits

Being determined

the ability to keep going whatever happens

Having a dream

having an aspiration, ambition or goal

Having courage

the ability to do the right thing even when it is difficult

Having patience

The capacity to accept or tolerate delay, problems, or suffering without becoming annoyed or anxious.

Helping others

Make it easier or possible for someone to do something by offering them help

Saving for the future

the quality of using money and other resources carefully and not wastefully

Thinking creatively

the use of imagination or original ideas to create something new

Working together

the combined action of a group, especially when effective and efficient

Other Character Traits

Ambitious

a person with a strong desire to want to achieve something or reach a certain goal

Anxious

a person that is often worried that something may go wrong or not as planned

Charismatic

a character trait that includes traits such as leadership, charm and persuasiveness, an ability to inspire other people. You might often hear people say that a certain person is a charismatic leader; it means that people are naturally drawn to them, they are inspiring.

Compassionate

a person with the desire to help others

Delayed gratification

the ability of a person to wait for something that they want and not get it straight away

Doggedness

determined in effort, a very determined person **Endurance**

finishing an unpleasant or difficult activity or process without giving up

Fortitude

being courageous or brave in the face of something difficult, painful or scary

Frugal

being very careful with your money, buying only things that are needed

Honesty

the ability to be truthful, sincere and fair

Humble

to feel that you are no more important than anyone else no matter what the situation, even you are the Queen or richest person in the world

Humility

the ability to be modest and respectful

Innovative

a person that starts something new, creates something or comes up with new ideas or ways to do something

Inspirational

making you feel hopeful or encouraged

Integrity

the possession of firm principles, for example if you are willing to do the right thing – even if nobody is watching

Optimistic

being positive and confident about what will happen

Prudent

acting with and showing care for the future, a person who is careful and sensible

Resilient

the ability to recover quickly from something, for example change, misfortune, illness

Risk averse

the dislike of, and desire, to avoid any type of risk

Sense of humour

the ability to face danger, difficulty, uncertainty and fear

Tenacious

a person that has an opinion in a determined way

Thrifty

a person that is careful with money, avoids waste

Tolerance

the ability to be able to accept difference

Will power

ability to control your own thoughts and how you behave

Other words you may not know

Academic

relating to school or higher education

Aspiration

a strong desire to achieve something

Audit

looking at previous records to see if they are correct

Credit card

a card issued by a bank for the purchase of items on credit – money that a person does not physically have but they are borrowing from a bank and will pay interest on (a percentage of extra money on top of what they are paying for an item)

Entrepreneur

a person who organises and works in a business, and takes on a financial (money) risk doing so.

Humiliation

to feel very embarrassed or ashamed

Mentor

a person who advises and guides people

Personal statement

a piece of writing about you to describe your character, what you are good at and your passion, normally to give to universities or potential employers.

Philanthropist

a person who makes charitable donations to help others, in time or money

Self-reflection

to think about yourself and reflect on who you are

Reflect

to think about

Resources

an available supply that can be drawn on when needed, for example a natural resource is a resource supplied by nature including water, wood and air.

Vocational

providing skills and education that prepare you for a job

Volunteer

a person who does something without receiving money for their work or being forced to do it, normally involves helping other people in some way

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For more information about the My Character Project or the Jubilee Centre for Character and Virtues, please contact t.j.harrison@bham.ac.uk or see www.jubileecentre.ac.uk.

