## CHARACTER GROWTH CARD

<table>
<thead>
<tr>
<th>STRENGTH</th>
<th>DEFINITION</th>
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| Optimism       | » Sees failures and setbacks as temporary  
» Believes that effort will improve his or her future  
» Refuses to allow setbacks in one area to affect motivation in other areas |
| Zest           | » Shows enthusiasm  
» Invigorates others with his or her energy  
» Actively participates |
| Grit           | » Finishes whatever he or she begins  
» Tries very hard even after experiencing failure  
» Works diligently and independently |
| Curiosity      | » Pursues opportunities for independent learning  
» Is eager to explore new things  
» Asks and answers questions to deepen understanding |
| Social Intelligence | » Able to find solutions during conflicts with others  
» Demonstrates respect for feelings of others  
» Knows when and how to include others  
» Adapts effectively in different situations |
| Gratitude      | » Reciprocates kindness from peers and teachers  
» Recognizes and shows appreciation for others  
» Recognizes and shows appreciation for his/her opportunities |
| Self-Control   | DEFINITION                                                                                                                                 |
| School Work    | » Comes to class prepared  
» Pays attention and resists distractions  
» Remembers and follows directions  
» Gets to work right away rather than procrastinating |
| Interpersonal  | » Remains calm even when criticized or otherwise provoked  
» Allows others to speak without interruption  
» Is polite to adults and peers  
» Keeps temper in check |