

Integrity

Caring
Cooperation
Courage
Goal Setting
Gratitude
Honesty
Humanity

Service
Self-Control
Self Esteem
Responsibility
Respect
Perseverance
Patience



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I achieved my

Goal Setting: Knowing good things I want and making a plan to get there.



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This is what goal setting means to me: _____

One goal I will achieve today is: _____

I achieved my goal today: Yes No

Patience: Willing to wait without complaining.



This is what patience means to me:

Today I will show patience by:

I showed patience by: Yes No

Self Control: Being in charge of myself in the right way.



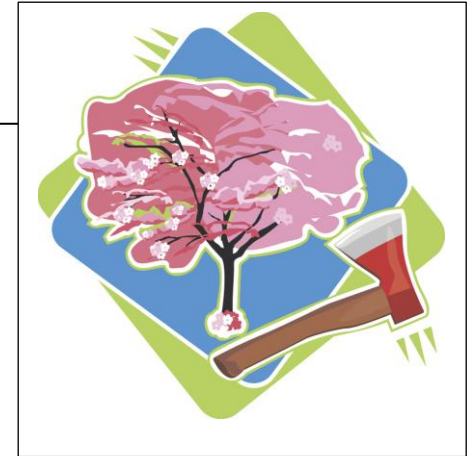
A large, empty rectangular box with a black border, intended for a student to write their personal definition of self-control.

This is what self control means to me: _____

Today I will show self control by: _____

I showed self control today: Yes No

Honesty: Being able to tell the truth even when it is hard.



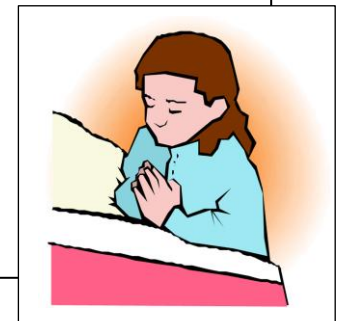
A large empty rectangular box for writing.

This is what honesty means to me: _____

One goal I show honesty today by: _____

I showed honesty today: Yes No

Gratitude: Being able to say “thank you” out loud when someone is kind to you.



This is what gratitude means to me: _____

Today I will show gratitude by: _____

I showed gratitude today: Yes No

Caring: Being nice to others with what I say and do.



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This is what caring means to me:

Today I will show caring by:

I cared for _____ today: Yes No

Courage: Taking the right risks to help myself and others.

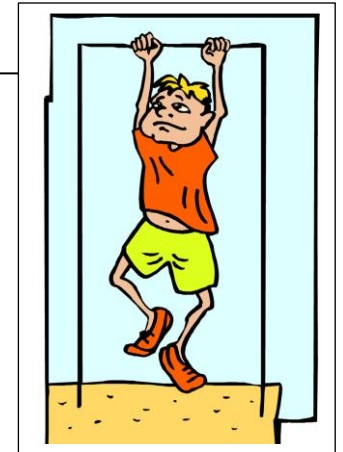


This is what courage means to me:

Today I will show courage by:

I was courageous today: Yes No

Perseverance: Stay with a job and not giving up.



This is what perseverance means to me: _____

Today I will show perseverance by: _____

I showed perseverance today: Yes No

Cooperation: Working with others to do a job or play a game.



This is what cooperation means to me: _____

Today I will show cooperation by: _____

I cooperated with others today: Yes No

Self-Esteem: Showing that I believe good things about myself by trying to do well.



This is what self-esteem means to me: _____

Today I will show self-esteem by: _____

I showed myself self-esteem today: Yes No

Service: Giving time and effort to help others



This is what service means to me:

Today I will show service by:

I served today: Yes No

Humanity: Believing that everyone in the world is important and special.



This is what humanity means to me:

Today I will show humanity by:

I showed humanity today: Yes No

Integrity: I do the right thing all of the time.

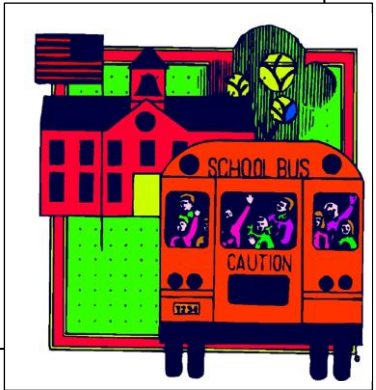


This is what integrity means to me:

Today I will show integrity by:

I showed integrity today: Yes No

Responsibility: Telling the truth about what I did without blaming others.



This is what responsibility means to me: _____

Today I will show responsibility by: _____

I showed responsibility today: Yes No

