

Spotting Good Traits

Honesty and integrity are character traits that help us build and maintain healthy relationships.

They facilitate communication and trust, enabling us to create the strong social support networks that are essential to thrive, flourish, and handle life's challenges.

But what about the other positive character traits that attract us to other people, or help us live in line with our values?

Spotting Good Traits can help you discover your own or others positive qualities. Why not try to make it a habit with regular practice?

Who is someone you admire - fictional or otherwise - who you believe displays great character?

What are some character traits they possess? Which do you particularly respect or aspire to show yourself?

How do they show these traits in daily life? What actions, attitudes, or behaviors in particular enable these traits to shine through?

What are some character traits you believe are important for great leadership? Why?

What is a character trait - or traits - that you'd like to develop? Why, and how might you do so?

What are some ways this trait, or these traits, are displayed in daily life? List some examples.

What are some creative ways you can highlight the importance of this trait or these traits? Examples might include writing a story, crafting a vision board, or composing a song about it. Express yourself!