

CHARACTER TRAITS

Reflection

Qualities and Attributes:

- | | |
|---------------|--------------|
| adventurous | imaginative |
| angry | irritated |
| anxious | jealous |
| bitter | joyful |
| brave | kind |
| calm | knowledgable |
| caring | lonely |
| cheerful | loving |
| compassionate | loyal |
| committed | mature |
| confident | nervous |
| curious | open minded |
| dedicated | optimistic |
| depressed | outgoing |
| disappointed | patient |
| empathetic | pessimistic |
| encouraging | proud |
| enthusiastic | punctual |
| envious | reliable |
| fearful | resilient |
| fearless | respectful |
| generous | sad |
| grateful | scared |
| grumpy | selfless |
| happy | sensitive |
| hard-working | shy |
| honest | supportive |
| hopeful | trusting |
| hopeless | trustworthy |
| humble | unhappy |
| humourous | worried |

Which five of these qualities do you think you displayed most last month?

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What events of last month led to negative feelings and behaviours?

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What events last month led to positive feelings and behaviours?

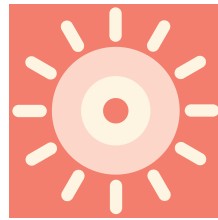
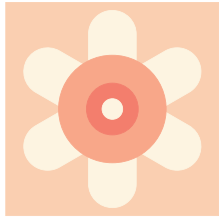
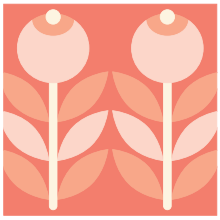
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Goals

Qualities and Attributes:

- | | |
|---------------|--------------|
| adventurous | imaginative |
| angry | irritated |
| anxious | jealous |
| bitter | joyful |
| brave | kind |
| calm | knowledgable |
| caring | lonely |
| cheerful | loving |
| compassionate | loyal |
| committed | mature |
| confident | nervous |
| curious | open minded |
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| generous | sad |
| grateful | scared |
| grumpy | selfless |
| happy | sensitive |
| hard-working | shy |
| honest | supportive |
| hopeful | trusting |
| hopeless | trustworthy |
| humble | unhappy |
| humourous | worried |

Which qualities would you like to show more of next month?
How could you do this?

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Which qualities would you like to show less of next month?
How could you do this?

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