

## Topic Sheet for CHARACTER BUILDING NARRATIVE & REFLECTION

### FRIENDSHIP

Think about your close friendships. Consider what positive character traits you have learned from your best friends. Take time to describe one or more friendships in great detail, but focus on why these friends are good people who have helped you become a better person.

### FAMILY

Think about your family. Respond to the prompt above focusing instead on family members who have guided you.

### SPORTS

Athletic competition can be thrilling and joyful. However, being part of a team or facing an opponent on your own can provide you with valuable life lessons. Discuss a sport you are deeply involved in. Describe why you love it and what it feels like to be out there playing. Then, describe the values you have learned from your athletic experience. What has the sport taught you? What has your coach or parent taught you?

### MUSIC/DANCE/THEATER

See topic above, but write about how your involvement in the arts has made you a better person.

### RELIGION

How has your religion helped you become a better person? If you are deeply connected to your faith, discuss the aspects of your character that have developed as a result. Share a story about your involvement in your religion, such as religion classes, mission trips to help others, youth groups, important holidays, family/cultural history, or something else. Be sure to focus on character traits that you have gained/developed as a result.

### CULTURE

You may have developed some positive character traits through your deep connections to your family's culture. Respond to the prompt above, focusing instead on your cultural experiences and identity.

### NO REGRETS

Tell about an experience that involved taking risks. It may or may not have resulted in an outcome that made you happy, but it was true to your values and beliefs and enabled you to demonstrate positive character qualities. Describe what happened in detail, and reflect on what you gained/learned from the experience.

### POSITIVITY

Optimism in tough times. Cheering up others when they are down. In your life, you may have a "cheerleader," or be a "cheerleader" yourself—someone who lifts the spirits of others. Share stories about such people, and discuss the importance of having that positive energy in your life.

### THE POWER OF FORGIVENESS

We all make mistakes in life. It can be a poor choice of action, or not taking action when we should have. It can involve saying the wrong thing, or not speaking up when we should have. Sometimes these mistakes are useful in reminding us what is most important in life. We realize who we truly care about and what principles we believe in. The mistake corrects our course and is an invaluable learning experience. Write a detailed story about an experience in which you or someone you know made a mistake, was forgiven for that mistake, and as a result, got a second chance.

### SOMEONE TO ADMIRE

Award someone with the high honor of your admiration and gratitude. Provide a detailed discussion of the person's positive character qualities. Tell a story that shows clearly why he or she deserves to be admired. If possible, discuss what this person has taught you about being a better person. Be creative if you want, and come up with an award to give them.

### CHARACTER BUILDING MOMENTS

At some point in your life, you have accomplished something beyond what you thought was possible. You impressed yourself and others. As a result, you gained something...confidence, optimism, empathy, courage...something that made you a better person. Tell the story of that experience and how it transformed you.

### THANK YOU

We do not come into this world as fully formed people. We learn from the examples of our family members, mentors, friends, coaches, religious leaders, elders. Discuss some of the most valuable character traits you have learned from others. Share one or more stories about a "teachable moment" in which someone helped you learn how to be a better person. Or, share details about the methods these people used to teach you some important character traits.