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This is a sample of **CharacterStrong** - the curriculum supplement that builds positive character habits through consistent, intentional practice.

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*Kindness*



*Commitment*



*Humility*



*Selflessness*



*Respect*



*Patience*



*Honesty*



*Forgiveness*





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## Why Did We Make It?

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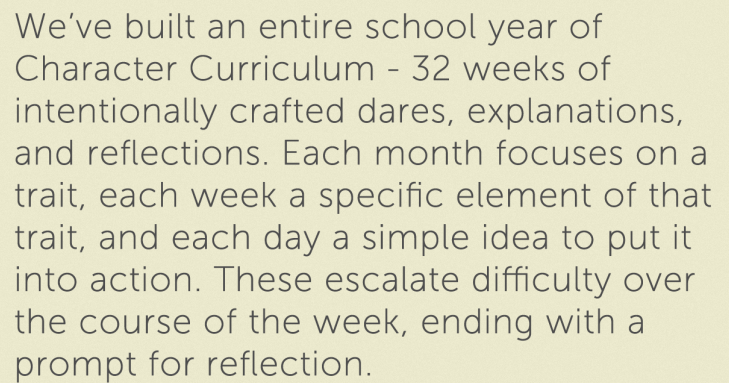
Hi! My name is Houston Kraft. As a professional speaker and leadership trainer, my question has always been, "How do you leave behind sustainable, real change - not just the emotional high of an assembly or a workshop?" **CharacterStrong** is my answer - a tool I built alongside educators and students to help hold us all more accountable in building kinder, more compassionate communities with our everyday actions.

Here is what we believe: our Character, like any other muscle in our body, can get stronger with intentional, consistent practice. That's why we made **CharacterStrong** - we believe that the best way to make a difference in our schools and communities is to provide real, accessible ways to exercise positivity, love, and social good.

Most people fundamentally want to *BE* good, but not all of us know how to *DO* good. Think of it this way: if you don't have a food drive at school, how many students go out of their way to donate to the local food bank? That's why events like that are so important - to provide ideas and opportunities for engagement. Think of **CharacterStrong** like a daily food drive for your campus culture - small, simple ideas that promote action and change.

We want to give life to the words we paint on walls and put on posters. We want application alongside inspiration. So we've created a curriculum supplement and app that provides 32 weeks of daily ways to *practice* being kind, respectful, patient, humble, committed, forgiving, honest, selfless people. 32 weeks filled with concrete challenges, engaging discussions, shareable inspiration, thoughtful reflections, and a network of thousands of students who believe that we make the world a better place when we work really hard to make ourselves better first.





Not only is there over 180 pieces of content, the full year of **CharacterStrong** also includes access to digital downloads - files to project on the board each morning, PDFs to email the weekly workout, quote images to share via social media, and printable reflection sheets for accountability and grading.



A great standalone resource for content and stories, the **CharacterStrong** App was also built to allow custom access to schools. All 32 weeks of content are available with a custom code - giving you access to a network of people from across the country who are building character, sharing their successes and failures, and tracking their progress. Download the app and enter the unlock code "*prosample*" on the Browse tab to check it out!





## Office Staff Love

Take time to learn the names of all the people in your school's office today.

This could include front desk people, bookkeepers, and attendance secretaries. Introduce yourself and make a point to come by a few times over the following days, use their names, and thank them for the work they do. Write them down if you need to! Remembering someone's name shows them that you value you them. Take time to make these often overlooked people feel important!

*"If you had started doing anything two weeks ago, by today you would have been two weeks better at it."*

**-John Mayer**





## 1990's Day

For today, focus on being completely present with those around you. Do your best to only use your phone and technology for tasks like coordinating an event or schoolwork (research, turning in assignments, etc).

In a world filled with information and instant connections, sometimes we forget to slow down and appreciate the things and people in front of us. Technology has a clear place in our lives to be helpful, but unless it's an emergency or for schoolwork, don't pick up your phone or check any social media on your computer for the entire day. Patience is about being present.

*"Why is patience so important?"  
'Because it makes us pay attention.'"*

**-Paulo Coelho**





## Secret Service

**Spontaneously do community service, not telling anyone about it, and expect no recognition for your work.**

Clean up a portion of a park today. Stay after school and pick up trash in the parking lot. Volunteer at a food bank. Do those things not for the likes on Instagram or the community service on your resume, but because they are worthwhile, positive things! Humility is doing great things without anyone knowing it was you - because it's not about YOU! It's about making the world a better place.

*"On the highest throne in the world, we still sit only on our own bottom."*

**-Michel de Montaigne**





## Bleacher Clean Up

Invite a group of friends to spend time after the next sporting event to clean up the bleachers or the field.

Bring rubber gloves and extra garbage bags! Don't just clean up the home side - try the visitors side as well! Selflessness is going above and beyond what is normal or comfortable.



*"What we do for ourselves dies with us. What we do for others and the world remains and is immortal."*

**-Albert Pine**





## *An Apple A Day*

**At the end of each class today, tell your teacher one specific thing about their lesson that you enjoyed.**

Think about the way they taught the class - did they use great stories or draw something on the board? Did they prepare a powerpoint or video at home? Did you learn something totally new today? A new way to think about solving a problem, a fun fact about history, an inspirational quote...

*"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love."*

**-Lao Tzu**





## *Clean Mouth, Clean Mind*

Try to catch yourself using words like "gay" or "retarded" today and replace it with something else.

When you hear others using these words, ask them why they think the words accurately represent the situation. Suggest alternative options in a kind way - you never know who these words are hurting. If you already don't use these words, spend today being aware of what you say and speaking more positively overall.

*"One of the most sincere forms of respect is actually listening to what another has to say."*  
-Bryant H. McGill



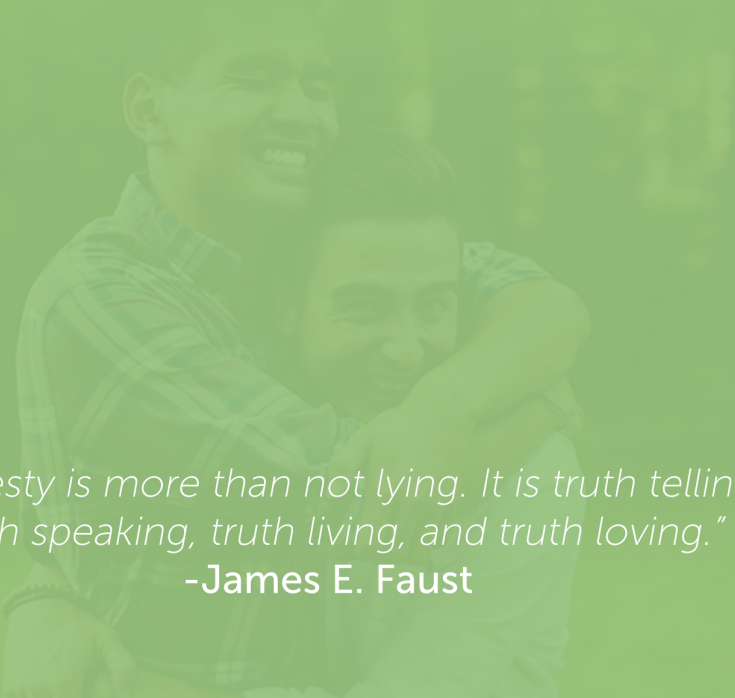


## *Breaking Bad (Habits)*

Write down what you think is one of your worst habits. Then, list three things you can do to try and break that habit.

Maybe you interrupt people before they are finished with their thoughts. Maybe you wait until the last minute to do your homework. Maybe you swear or curse more than you should.

No one is perfect, but if we are honest with ourselves, we can take action steps to get better in the areas where we struggle. The average habit is made or broken by 23 days of continuous practice!



*"Honesty is more than not lying. It is truth telling, truth speaking, truth living, and truth loving."*

**-James E. Faust**



## Yin & Yang

Make a list of things that bother you about yourself.  
Next to each thing, write something positive about that  
quality or trait.

If you write down "short," you might write "makes me very sneaky" next to it. If you write "curly hair" you might write "some people have to spend hours curling theirs!" beside it. If you write "not funny" you could write "neither was Benjamin Franklin and he got plenty of awesomeness done" across from it.  
Forgiveness is about celebrating our imperfections.

*"Forgiveness is not an occasional act,  
it is a constant attitude."*  
-Martin Luther King, Jr.





CharacterStrong is a **Houston Kraft** project  
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