



Character Strong

OVERALL

SCHOOL

HOME

Character Strong

A CURRICULUM FOR

THE HEART

Truth?

What do you
think about this
week's dares?

or

Reflect on your
experience with
this week's dares.

Dare?

Forgive Someone

who doesn't deserve it



DAY 28: FORGIVENESS



SHOW HONESTY TODAY

REFRAIN FROM ANY NEGATIVE TALK, GOSSIP, BACKSTABBING ETC



DAY 17: HONESTY



WORK ON BEING INTERESTED IN WHAT OTHERS HAVE TO SAY.

**PRACTICE IMPULSE CONTROL BY HOLDING YOUR TONGUE
TODAY AND GIVING OTHERS A CHANCE TO SHARE.**



DAY 11: PATIENCE

Character Strong

Character, like any other muscle, requires intentional and consistent practice.
This is a sample of our full year curriculum supplement - 1 week out of 32 total weeks.
The full supplement takes 8 character traits and breaks them down into clear, relatable categories and provides real, daily ways to practice & reflect on them throughout the year.



If you're interested in the full version of **CharacterStrong**, please contact us!
email: info@characterstrong.com

How To Read The Dares

Scientists suggest our **personality** (extrovert vs. introvert, dominant vs. passive, perfectionist vs. free-form) is more or less set by age 6. However, our **character** (our interpersonal traits, our morals, our reputation) is built & created by the choices we make every day.

Character is a skill - meaning it can be learned and practiced. If we spend a little time, intentionally, each day working on them, we can build incredible people, schools, and communities.

Dare Length



Quick

Anywhere from a few moments to 15 minutes



Short

Somewhere between 15 minutes and 30 minutes.



Longer

These dares will run anywhere from 30 minutes to 2 hours.



Investment

Could be a few hours, could be a thoughtful day, or could be a weeklong commitment.

Dare Types



Public

These dares help the community or many people.



Partner

These dares connect with one other person.



Personal

These dares challenge you - it's a solo dare.

Dare Difficulty



Level 1

Basic dares. Meant to develop the most basic awareness of these skills.



Level 2

A little more difficult. Meant to remind us that we have work to do to get better!



Level 3

A good workout. Meant to reinforce our new habits and break down old ones.



Level 4

Advanced. Meant to push our comfort zones and really help create mastery.

Character Traits



kindness



patience



selflessness



commitment



honesty



respect



humility



forgiveness

LEADER

INFLUENCE

SERVE+
SACRIFICE

LOVE

WILL

earn

builds

required

choice

intentions - actions
= nothing

intentions + actions
= WILL

