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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
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, 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 (extravert 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 and 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 Types**

- **Public**
  - These dare help the community or many people.

- **Partner**
  - These dare connect with one other person.

- **Personal**
  - These dare challenge you - it's a solo dare.

**Dare Difficulty**

- **Level 1**
  - Basic. 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**
  - Major. Meant to push our comfort zones and really help create mastery.

**Character Traits**

- **K** kindness
- **P** patience
- **S** selflessness
- **C** commitment
- **H** honesty
- **R** respect
- **Hu** humility
- **F** forgiveness

**Dare Length**

- **Quick**
  - Anywhere from a few moments to 15 minutes.

- **Short**
  - Somewhere between 15 minutes and 30 minutes.

- **Longer**
  - These dare 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.
LEADER

INFLUENCE

SERVE + SACRIFICE

LOVE

WILL

earn

required

builds

choice

intentions - actions = nothing

intentions + actions = WILL