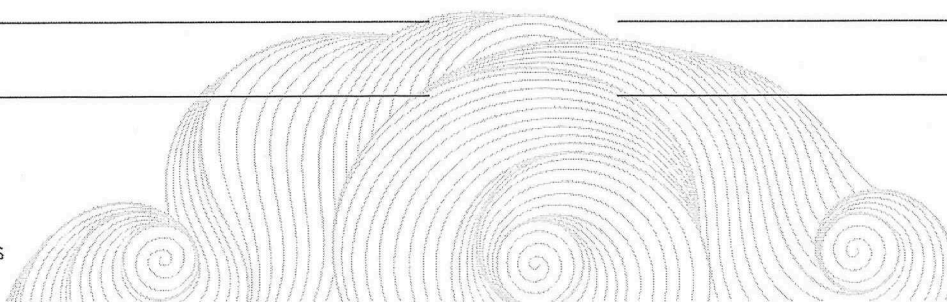
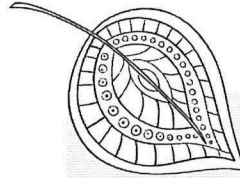
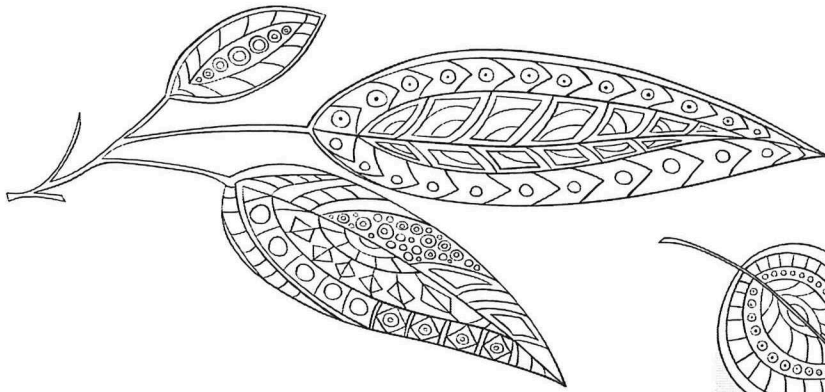


If you treat someone kindly or make a good choice but no one knows about it, is it worth doing?

List a few choices you've made that you feel good about.

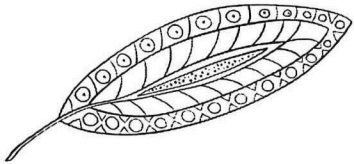
List a few acts of kindness you can do this week.





At some point you
may find that your
parents aren't all
you dreamed they
would be.

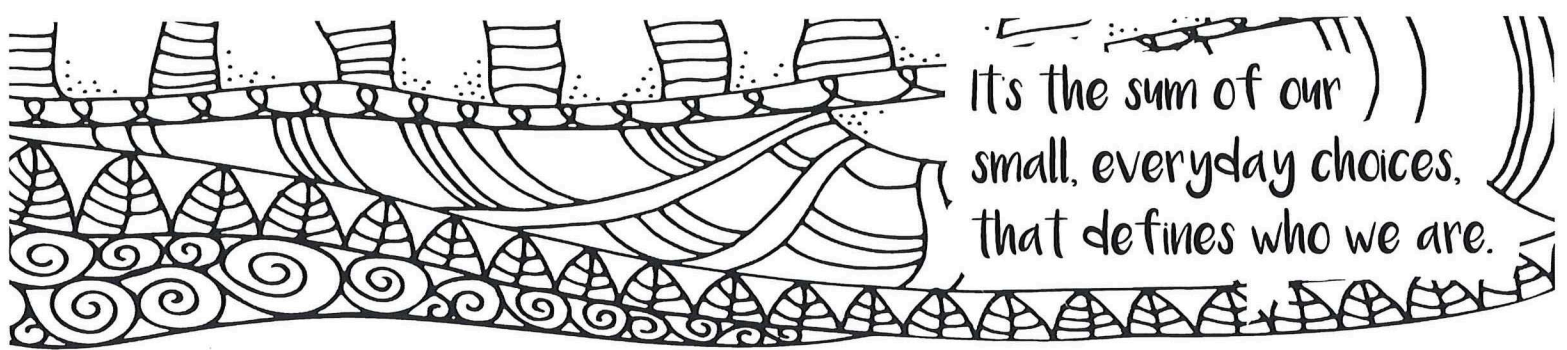
Hopefully you can love
them for who they
really are.



List three good traits your parent or
guardian has.

List three things you've learned from a
parent or guardian.

Choose a time when you were really angry or frustrated with your parent / guardian.
Retell the story from their perspective.

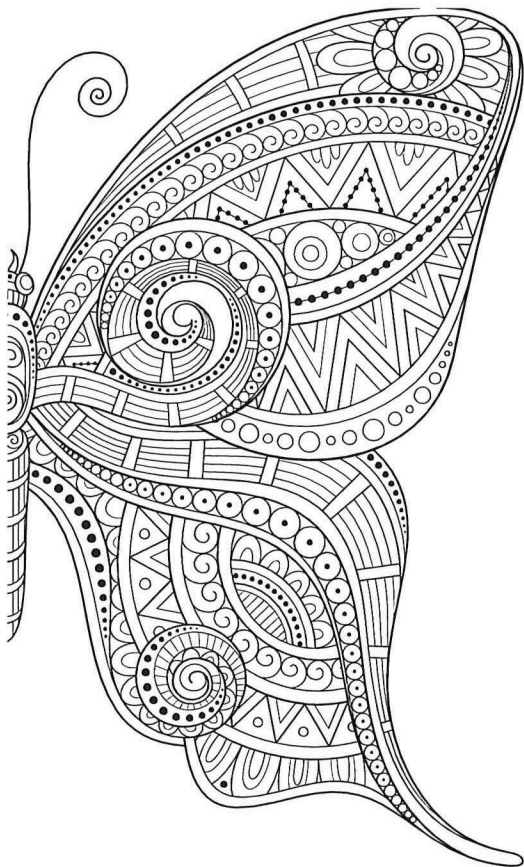


Which character traits make someone a good person?

Is character defined by one act or a pattern of behavior?

Do you have to be perfect to be a good person?

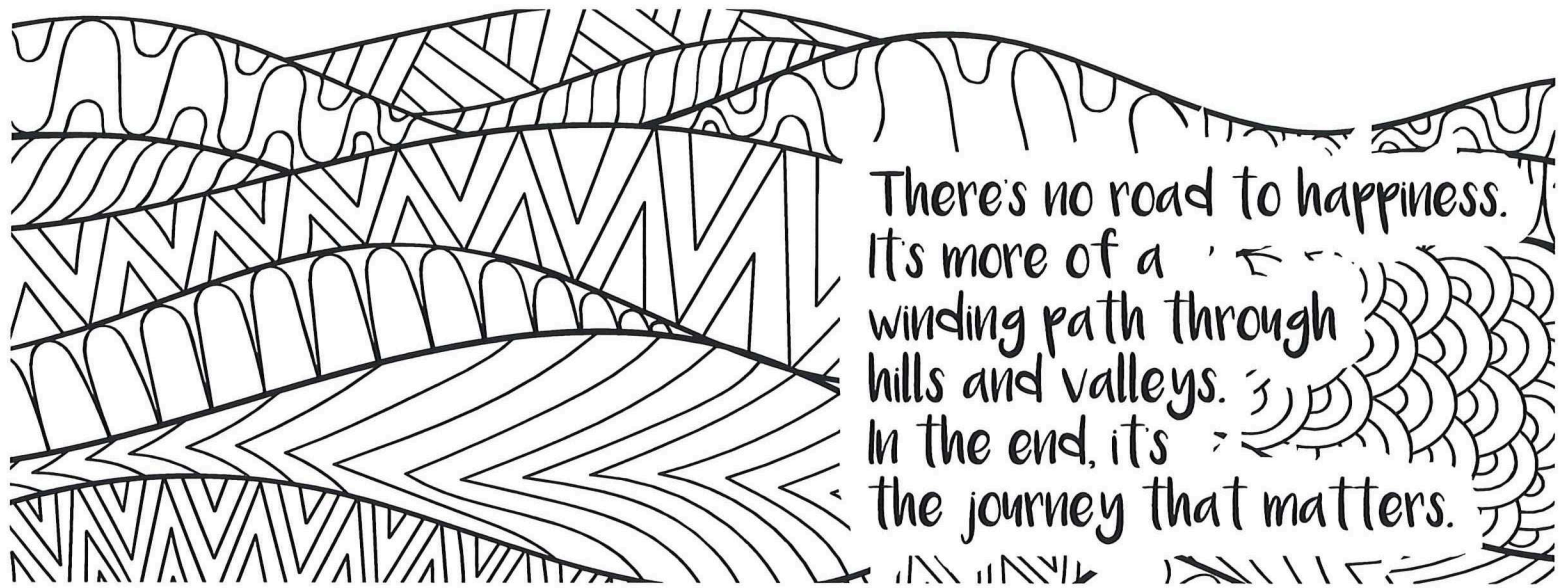
HONESTY TRUSTWORTHINESS RESPECT RESPONSIBILITY EMPATHY PERSEVERANCE
FAIRNESS COMPASSION FORGIVENESS CARING CITIZENSHIP



Take joy in others' joy,
and you get
joy to infinity.

Think of a time you felt upset that someone did something better than you. How did you react? Can you use your emotions in a healthy way?

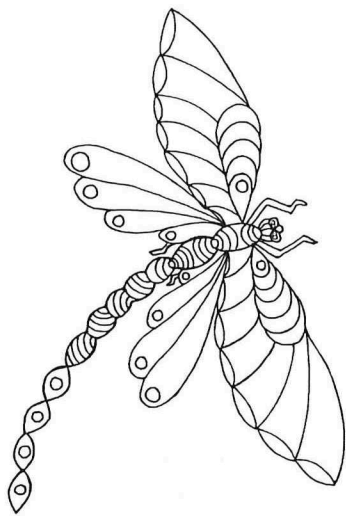
What are some things that are special about you? What do you do well?



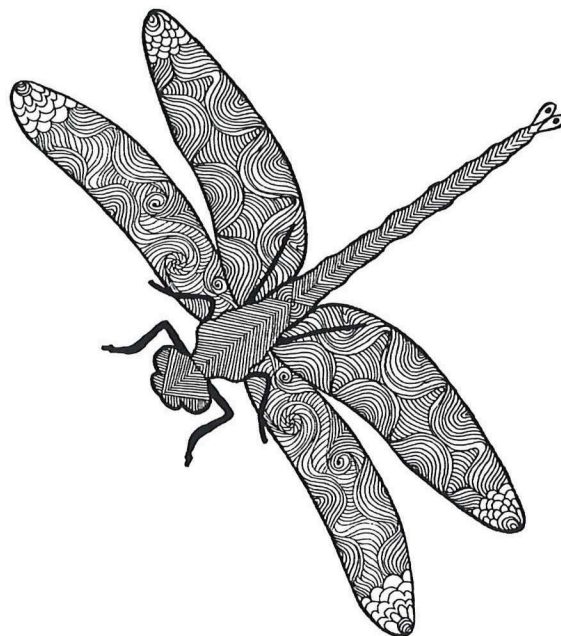
What is an event in your life that seemed awful at the time, but led to a new happier time?

Have you ever been sad and thought it wouldn't ever get better? Did it? Why or why not?

What are some things you can do to cheer yourself up when you are sad?



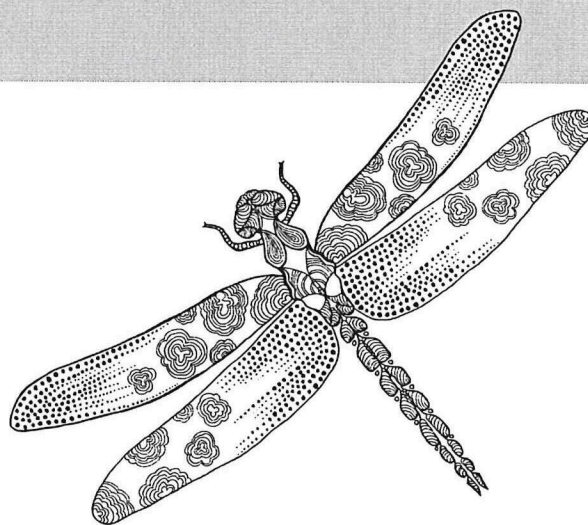
You be you.



What are some things about yourself
that you like?

What are some things about yourself
you'd like to change?

What are some qualities in others that
you admire?



HONESTY

TRUSTWORTHINESS

RESPECT

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