Name:Date:

**Character Strengths Daily Practice** (For Older Children)

1. **Option 1:** Children complete this self-assessment in full at the end of each day. Put a 1 in each virtue cell that they practiced consistently that day. Add up your total points. On Friday, add up your weekly total score.
2. **Option 2:** Children select 3 goal virtues for the current week. Circle them from the list and then assess themselves on those circled virtues each day.

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| --- | --- | --- | --- | --- | --- | --- |
| **Strengths** | | **Mon** | **Tue** | **Wed** | **Thur** | **Fri** |
| 1 | Creativity |  |  |  |  |  |
| 2 | Curiosity |  |  |  |  |  |
| 3 | Judgement |  |  |  |  |  |
| 4 | Love of learning |  |  |  |  |  |
| 5 | Perspective |  |  |  |  |  |
| 6 | Bravery |  |  |  |  |  |
| 7 | Perseverance |  |  |  |  |  |
| 8 | Honesty |  |  |  |  |  |
| 9 | Zest |  |  |  |  |  |
| 10 | Love |  |  |  |  |  |
| 11 | Kindness |  |  |  |  |  |
| 12 | Social intelligence |  |  |  |  |  |
| 13 | Teamwork |  |  |  |  |  |
| 14 | Fairness |  |  |  |  |  |
| 15 | Leadership |  |  |  |  |  |
| 16 | Forgiveness |  |  |  |  |  |
| 17 | Humility |  |  |  |  |  |
| 18 | Prudence |  |  |  |  |  |
| 19 | Self-regulation |  |  |  |  |  |
| 20 | Appreciation of beauty & excellence |  |  |  |  |  |
| 21 | Gratitude |  |  |  |  |  |
| 22 | Hope |  |  |  |  |  |
| 23 | Humor |  |  |  |  |  |
| 24 | Spirituality |  |  |  |  |  |
| 25 | Other: |  |  |  |  |  |
| **Total Points Today**: | |  |  |  |  |  |
| **Total Points This Week:** | | | | | | |

1. My top 3 strengths this week were:
2. The virtues I want to work on next week are: