**My Character Strength Log**

Dear parent or guardian, please write one character strength demonstrated by your child each day. Tell your child about the strength you observed them practice. Then, sign the log to complete the activity.

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| --- | --- | --- | --- |
| Date | The character strength my child practiced today was… | I saw them… | Signature |
| *Example*November 21 | Self-regulation | Finish all their homework before playing. | *Dad’s signature* |
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**Character Strengths List**

Creativity, curiosity, judgement, love of learning, perspective, bravery, perseverance, honesty, zest, love, kindness, social intelligence, teamwork, fairness, leadership, forgiveness, humility, prudence, self-regulation, appreciation of beauty and excellence, gratitude, hope, humor, spirituality, other (unity, peacefulness, compassion, etc).

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