Young Hero Character Traits Self-Assessment

DIRECTIONS

Step 1: Place a check next to each statement that applies to you.

Step 2: When you are finished, figure out how many Young Hero Character Traits you already have. Which Character Trait do you feel fits you the most?

a. Character Trait 1: Courage
   ___ Have you ever spoken to someone even though it made you nervous?
   ___ Have you ever stopped someone who was trying to start a fight?
   ___ Have you ever smiled, said hello, or given something to a person experiencing homelessness even though you felt uncomfortable?
   ___ Have you ever sung, played an instrument, or spoken in front of people even though you weren’t sure that you would do a good job?

b. Character Trait 2: Perseverance
   ___ Have you ever practiced playing an instrument so that you can get better?
   ___ Have you ever played a game, knowing that you were probably going to lose, but still kept trying your hardest?
   ___ Have you ever learned a dance or step routine perfectly even though when you started, it was a mess?
   ___ Have you ever finished your homework even though it was really hard and you didn’t want to?

c. Character Trait 3: Empathy
   ___ Have you ever given someone a hug when you’ve seen that they’re sad?
   ___ Have you ever felt for a character when you watched a movie, TV show, or read a book?
   ___ Have you ever wanted to solve a problem that was hurting someone else?
   ___ Have you ever seen a hurt or neglected animal and felt sad for it?

d. Character Trait 4: Integrity
   ___ Have you ever told the truth even though you knew you would probably get into trouble?
   ___ Have you ever admitted that you made a mistake?
   ___ Have you ever stood by someone’s side when they were having a rough time, even though you didn’t have to?
   ___ Have you ever kept a promise even though you really, really didn’t want to?

e. Character Trait 5: Respect
   ___ Have you ever been kind to someone even if they weren’t kind to you?
   ___ Have you ever made a point to arrive somewhere on time so that other people weren’t stuck waiting for you?
   ___ Have you ever disagreed with someone, but chose not to argue?

f. Character Trait 5: Responsibility
   ___ Have you ever fed your pet?
   ___ Have you ever taken care of a younger sibling?
   ___ Have you ever picked up litter that was on the ground and put it in the trashcan?
   ___ Have you ever saved money instead of spending it?
   ___ Have you ever done a chore without being asked or rewarded for doing it?
   ___ Have you ever let a stranger know that they dropped something?

Which Character Traits do you already have? Which Character Trait do you feel fits you the most? Explain.