

Build Your Character

Building character is about living according to a personal value system. It's about conducting yourself in a way that makes you proud of who you are when you look in your mirror at the end of the day. Without a solid character core, life gets messy.

There are four components that make up your character: **Honesty, Accountability, Responsibility and Integrity.**

Let's break them down.

Honesty is telling the truth, regardless of the consequences. Say what you mean, mean what you say—and don't say it mean.

Accountability is always doing what you say you're going to do. Only say yes when you mean it. Learn to set boundaries.

Responsibility is responding and not reacting to your environment. None of us can survive in a vacuum. Oftentimes, our emotional reactions can seem totally justified. However, it's important we learn to control our responses to other people and situations so that we're never at risk of compromising who we are when we're faced with the unexpected.

Integrity is doing the right thing when nobody's looking. Doing good for the sake of being well.

Think about a time when you were less than 100% for each character component.

I wasn't honest when...

I didn't hold myself accountable to another when I...

I lashed out and reacted in the moment when...

I knew it wasn't the right thing to do when I...

