

The 12 Guiding Principles of Exceptional Character

ADAPTABILITY

Ability and willingness to change. Put oneself in harmony with changed circumstances. Be ready and willing to adjust as necessary to the changes in people and circumstances that arise in daily life.

COMPASSION

Kindness. Desire to help others in distress. Show kindness and concern for others in distress by offering help whenever possible.

CONTEMPLATION

Giving serious consideration to something. Think things through with proper care before taking action.

COURAGE

Bravery. Willingness to put one's beliefs into practice, the capacity to meet danger without giving way to fear. Face difficulty or danger and express your beliefs even if you are afraid.

HONESTY

Truthfulness, sincerity. Act or condition of never deceiving, stealing, or taking advantage of the trust of others. Be truthful in all that you do and never deceive, steal or take advantage of the trust of others.

INITIATIVE

Eagerness to do something. Take responsible action on your own, without prompting from others.

LOYALTY

Faithfulness, dependability. Quality of being faithful to another person in the performance of duty; adhering to a contract with another person. Show others that you are dependable when you have a commitment to them.

OPTIMISM

Positive beliefs. Inclination to take a hopeful view or think that all will work out for the best. Strive to be positive in your beliefs about yourself, others, and the future.

PERSEVERANCE

Hard work. Quality of trying hard and continuously in spite of obstacles and difficulties.

RESPECT

Regard, value, admire, and appreciate. Special esteem or consideration in which one holds another person or thing. Show regard for yourself, others, and the world around you.

RESPONSIBILITY

Accountability. Consider oneself answerable for something. Demonstrate that you consider yourself to be accountable for your actions and that you follow through on your commitments.

TRUSTWORTHINESS

Reliability. Dependable, deserving of trust and confidence.