

Intermediate Mid

WHAT IS FORGIVENESS?

Forgiveness means to extend understanding towards those who have wronged or hurt us. It means to let go. In many cases this is the letting go of some or all of the frustration, disappointment, resentment, or other painful feelings associated with an offense. Forgiveness, and the related quality of mercy, involve accepting the shortcomings, flaws, and imperfections of others and giving them a second (or third) chance. As the expression goes, it is letting bygones be bygones, rather than being vengeful. It is a process of humanizing those who have led us to feel dehumanized.

It is important to distinguish forgiveness from:

- condoning (removes the offense)
- forgetting (removes the awareness)
- reconciliation (restores the relationship)

WHAT IS HUMILITY?

Humility means accurately evaluating your accomplishments. It's easy to describe what humility is not — it is not bragging, not doing things in excess, not seeking the spotlight, not drawing attention to yourself, not viewing yourself as more special or important than others. On the other hand, it is not bowing to every wish or demand of another person and it is not being highly self-critical. Truly humble people think well of themselves and have a good sense of who they are, but they also are aware of their mistakes, gaps in their knowledge, and imperfections. Most importantly, they are content without being a center of attention or getting praised for their accomplishments.

A common misconception is that humility involves having a low self-esteem, a sense of unworthiness, and/or a lack of self-focus. However, true humility involves an accurate self-assessment, recognition of limitations, keeping accomplishments in perspective, and forgetting of the self. Humble people do not distort information to defend or verify their own image, and they do not need to see-or present- themselves as being better than they actually are.

WHAT IS PRUDENCE?

Prudence means being careful about your choices, stopping and thinking before acting. It is a strength of restraint. When you are prudent, you are not taking unnecessary risks, and not saying or doing things that you might later regret. If you are high in prudence, you are able to consider the long-term consequences of your actions. Prudence is a form of practical reasoning, the ability to examine the potential consequences of your actions objectively, and to control yourself based on that examination. Prudence involves far-sighted planning as well as short-term, goal-directed planning. It is often referred to as cautious wisdom, practical wisdom, and practical reason.

WHAT IS SELF-REGULATION?

Self-Regulation is a complex character strength. It has to do with controlling your appetites and emotions and regulating what you do. Those high in self-regulation have a good level of confidence in their belief that they can be effective in what they pursue and are likely to achieve their goals. They are admired for their ability to control their reactions to disappointment and insecurities. Self-regulation helps keep a sense of balance, order, and progress in life. Self-Regulation can be viewed as a resource that can be depleted and fatigued. A useful metaphor can be that self-regulation acts like a muscle, which can be exhausted through over-exertion or strengthened through regular practice.

Novice High

Characteristics

creativity curiosity judgment love of learning perspective bravery honesty perseverance	zest kindness love social intelligence fairness leadership teamwork forgiveness	humility prudence self-regulation appreciation of beauty & excellence gratitude hope humor spirituality
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My 3 strongest characteristics

- 1.
- 2.
- 3.

My 3 weakest characteristics

- 1.
- 2.
- 3.