

Developing good character begins with oneself. No one is perfect; we all have room to improve.

We invite you to use this pocket reference guide to help in your journey of becoming your best self.

Have you noticed someone "doing good" in the community?



We invite you to share your story and nominate someone who has demonstrated one of our character traits in a way that benefited themselves or others.

Visit CityofGoodNeighbors.com to learn more. Monthly winners will be selected and recognized.

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Compassion vs. Insensitivity is caring for ourselves and others and supporting people during times of need.

Companion Traits:

- Love Understanding
- Empathy Caring
- Friendship Forgiveness
- Kindness

Civility vs. Rudeness is approaching others calmly, showing respect in my words and actions regardless of differences.

Companion Traits:

- Fairness Cooperation
- Citizenship Deference
- Tolerance Peacefulness
- Justice

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Determination vs. Avoidance is staying focused and overcoming challenges to finish a goal, task or objective.

Companion Traits:

- Fortitude Perseverance
- Persistence Courage
- Endurance Adaptability
- Grit

Generosity vs. Selfishness is giving freely of my time, talents and possessions without expecting anything in return.

Companion Traits:

- Charity Service
- Citizenship Giving
- Sharing Kindness
- Helpfulness

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Char-act-er n.

The qualities built into an individual's life that determine his or her response, regardless of circumstances.



CharacterCouncilWNY.org
Definitions property of Character Council of WNY



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Gratitude vs. Ungratefulness

is expressing thanks and appreciation for the people, places and things in my life.

Companion Traits:

Thankfulness Appreciation
Honor Being Present
Recognition Mindfulness
Acknowledgement

Humility vs. Arrogance

is limiting my feelings of self-importance and recognizing that everyone has strengths and limitations.

Companion Traits:

Modesty Unselfish
Meekness Self-Awareness
Realistic Patience
Service

Integrity vs. Deceitfulness

is adhering to strong moral values and doing the right thing in a transparent and honest way.

Companion Traits:

Fidelity Transparency
Honesty Truthfulness
Morality Trustworthiness
Reliability

Optimism vs. Pessimism

is embracing a mindset of positivity and hopefulness that a situation will result favorably.

Companion Traits:

Enthusiasm Positivity
Resilience Hope
Faith Contentment
Belief

Respect vs. Disrespect

is recognizing, accepting and demonstrating the value of people, places and things through my words and actions.

Companion Traits:

Tolerance Acceptance
Punctuality Attentiveness
Esteem Recognition
Courtesy

Responsibility vs. Irresponsibility

is knowing and doing what is necessary to meet my obligations.

Companion Traits:

Dependability Accountability
Diligence Commitment
Obligation Promise
Duty

Self-Control vs. Unrestrained

is being mindful of my thoughts, feelings and behaviors and exhibiting restraint to yield a better outcome.

Companion Traits:

Discipline Temperance
Patience Moderation
Chastity Attentiveness
Dignity

Wisdom vs. Ignorance

is reflecting on experiences and using knowledge gained to make good decisions.

Companion Traits:

Creativity Discernment
Knowledge Understanding
Curiosity Foresight
Vision

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