

## The Character Council of Western New York

### Compassion vs. Insensitivity

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

### Civility vs. Rudeness

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

### Determination vs. Avoidance

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

### Generosity vs. Selfishness

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

### Gratitude vs. Ungratefulness

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

### Humility vs. Arrogance

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

### Integrity vs. Deceitfulness

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

### Optimism vs. Pessimism

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

### Respect vs. Disrespect

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

### Responsibility vs. Irresponsibility

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

### Self-Control vs. Unrestrained

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

### Wisdom vs. Ignorance

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

**The Companion Traits below support or otherwise demonstrate the core trait “in action”**

	Self-Control	Civility	Generosity	Humility	Determination	Wisdom	January
	February	March	April	May	June		
Discipline	Justice	Service	Unselfish	e	Knowledge		
Temperance	Cooperatio	Citizenshi	Meekness	Persistence	Understandin		
Attentiveness	n	p Giving	Realistic	Courage	g		
s Moderation	Citizenship	Sharing	Patience	Endurance	Discernment		
Chastity	Deference	Kindness	Self-Awarene	Adaptabilit	Foresight		
Patience	Tolerance	Helpfulnes	ss Service	y Grit	Vision		
Dignity	Peacefulness	s	Fortitude	Creativity			
Fairness	Charity	Modesty	Perseveranc	Curiosity			

**Integrity Optimism Respect Responsibility Gratitude Compassion** July August

	September	October	November	December		
Honesty	Enthusiasm	Acceptance	Diligence	Recognition	Empathy	
Truthfulness	Positivity	Attentiveness	Commitment	Honor	Caring	
Trustworthiness	Hope	Punctuality	Esteem	Obligation	Friendship	
Morality	Resilience	Recognition	Promise	Mindfulness	Forgiveness	
Reliability	Contentment	Faith	Courtesy	Duty	Kindness	
Transparency	Belief	Accountability	Thankfulness	Acknowledgement		
Fidelity	Tolerance	Dependability	Appreciation	Love		
				Understanding		

*\*Months are listed as a reference. The Character Council of WNY will highlight a particular trait each month. Your organization may opt to create your*

*own schedule based on your needs.*

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