

# ALTRUISM



**“How do my actions affect myself and others?”**

**The desire to help others with no expectation or reward.**

**I take the time to consider how I can help others.**

# APPRECIATION

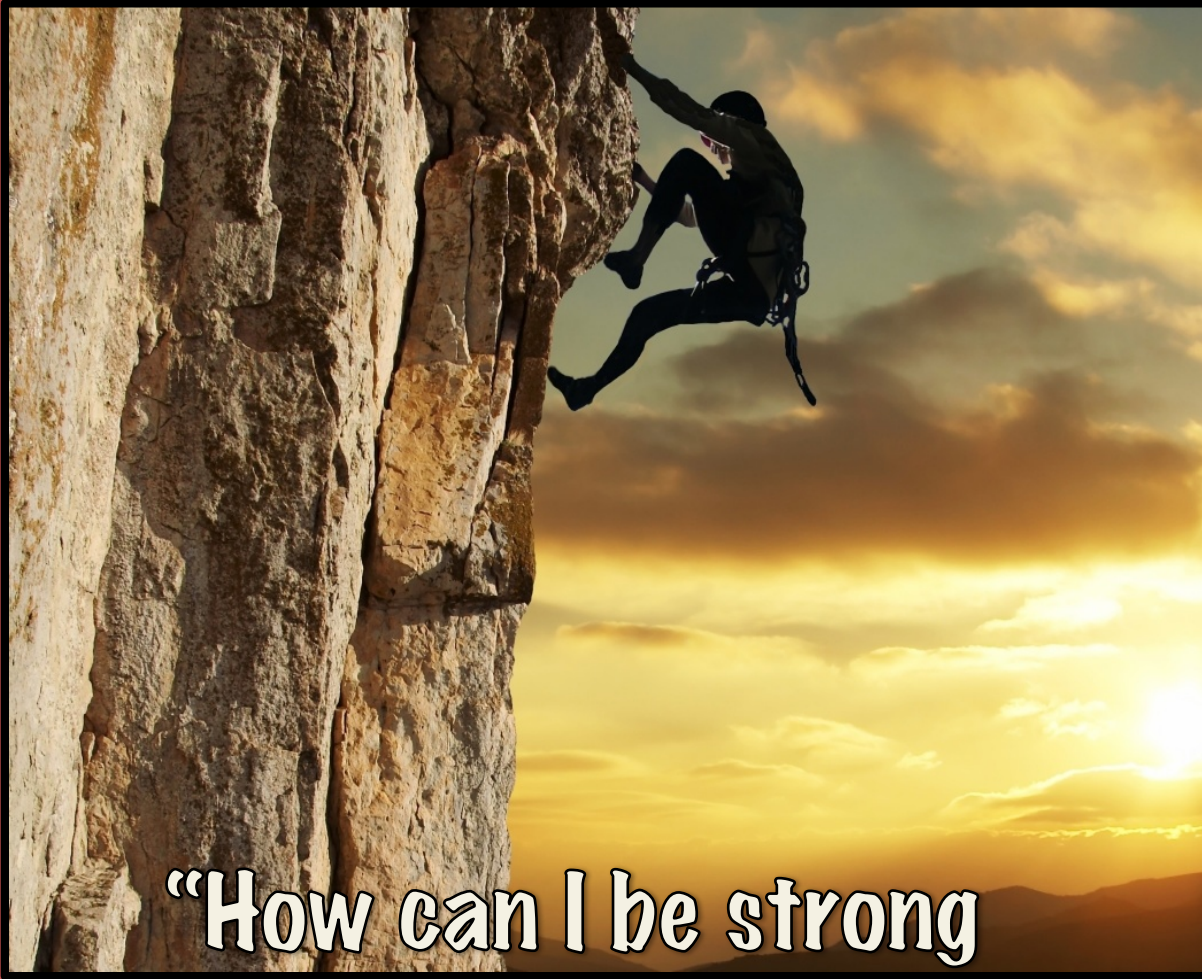


**"How can I show value for myself and those around me?"**

**A feeling of thanks  
or gratitude.**

**I am grateful for a happy  
and healthy life.**

# PERSISTENCE



**"How can I be strong  
inside and out?"**

**Dedication to complete  
a task even when you  
encounter obstacles.**

**I will persist until I succeed.**



# OPTIMISM



**"How can I maintain a positive attitude?"**

**A feeling or belief that good things will happen in the future.**

**I always try to see something good in every situation.**



# SELF-REGULATION



**"How am I aware of myself  
and the world around me?"**

**The ability to stay  
calmly focused, alert,  
and in control of  
one's own behavior**

**I am fully in control  
of all that I do.**

# RESOURCEFULNESS



**"How can I find the necessary tools to create solutions?"**

**Able to find solutions to problems or deal with difficult situations.**

**I am a creative thinker and not afraid of challenges.**



# COOPERATION



**“How can I be successful  
when working with others?”**

**Being able to work with  
others to complete a  
task or play a game.**

**I do everything I can to  
get along with others.**

# CURIOSITY



"How can I fuel my  
desire to learn?"

A strong desire to  
know or learn  
something.

I feed my mind with new  
ideas and understanding.



# RESPONSIBILITY

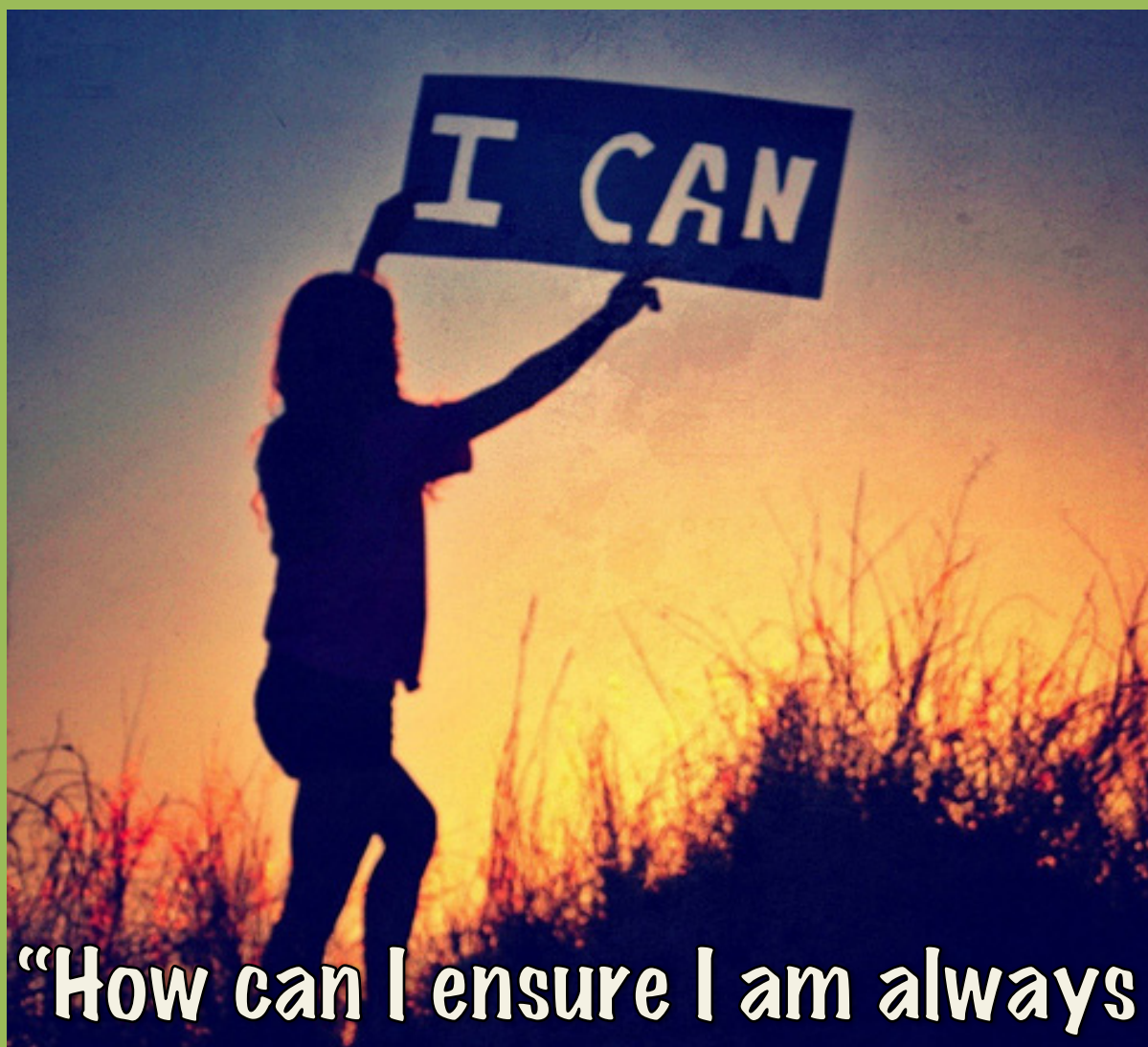


**"How can I make good choices and follow through?"**

**Being accountable,  
trustworthy, and doing  
the right thing.**

**I make thoughtful decisions  
and keep my promises.**

# EFFORT & MOTIVATION



**"How can I ensure I am always giving my best effort?"**

**Accomplishing tasks to the best of your abilities.**

**I will work hard and be proud of what I achieve.**



# COLLABORATION



**"How can we work together  
to be stronger?"**

**Working together with  
others to achieve a  
common goal.**

**I can be stronger with  
the help of others.**