

Mental Qualities of Character

The ability to Reason

Reason is the capacity of consciously applying logic to seek truth and draw conclusions from new or existing information. Reason involves selecting and assessing evidence, creating and testing hypotheses, weighing competing arguments, evaluating means and ends, developing and applying mental shortcuts.

The ability to Make Decisions

Decision-making is the act of choosing between two or more courses of action. Decisions need to be capable of being implemented, whether on a personal or organizational level.

The ability to Focus

Focus is the ability to concentrate on something in your environment and direct mental effort toward it.

The ability to Anticipate

Anticipation allows you to see what could happen ahead of time so you can be better prepared to take advantage of any new opportunities or avoid any potential challenges.

The ability to Choose Your Responses

You can choose your response to any stimulus in any set of circumstances. When you choose your responses, your behavior is a product of conscious choice rather than a reaction based upon circumstances, conditions or conditioning.

The ability to Demonstrate Confidence

Confidence is trusting in your own judgment, capacities and abilities. It's about valuing yourself and feeling worthy, regardless of any imperfections or what others may believe about you.

The ability to Be Resilient

Resilience is the ability to withstand adversity and bounce back from difficult life events.

The ability to Create

The ability to transcend traditional ways of thinking or acting, and to develop new and original ideas, methods or objects.

The ability to Adapt

The ability to adjust to changes in your environment. You can respond quickly to changing ideas, responsibilities, expectations, trends, strategies and other processes.



Moral Qualities of Character

Honesty	Honesty is about speaking the truth. You present yourself in a genuine and sincere way, without pretense, and take responsibility for your feelings and actions.
Integrity	You are who you say you are. Integrity is doing the right thing when no one is watching.
Fairness	Fairness is treating people justly, not letting your personal feelings bias your decisions about others.
Courage	Courage involves persistence in danger or hardship. Courage is the ability to do something difficult even when there's risk. Courageous people do and say what they think is right despite opposition.
Respect for Self	Respect for self is holding yourself in esteem and believing you are good and worthy of being treated well. It enables you to have the confidence to set firm boundaries. It means knowing what you stand for, what your values are and being accepting of both your strengths and weaknesses.
Respect for Others	Respect for others means that you accept someone for who they are, even when they're different from you or you don't agree with them. Respect is regarding someone well for their qualities or traits and treating people with appreciation and dignity.
Fortitude	Fortitude is the ability to focus on and execute solutions when in the face of uncertainty or adversity.
Loyalty	Loyalty is a powerful willingness to make an investment or personal sacrifice for the well-being of others. It is a faithfulness to commitments or obligations.