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every one of us yes all 7 6 billion of us can benefit from focusing on one or more of the 24 universal character strengths start wherever you like pick one strength and improve yourself you

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the goal is to challenge you to think of what your character means to you and how you can

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building good character is a lifelong journey that involves cultivating positive traits fostering personal growth and making choices aligned with your values so let s dive into some practical tips but first let s define the character and its importance in our lives what is character

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1 know yourself the first step in building a strong character is knowing yourself your strengths weaknesses values and goals once you know who you are it becomes much easier to stick to your strong character 2 surround yourself with inspirational people

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2 what does the writer say about your character in a character breakdown sometimes you II get nothing more than the character s name sometimes you II get their age occupation and even the details of their relationship to other characters in the story write all that down

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what is good character good character includes traits like loyalty honesty courage integrity fortitude and other important virtues that promote good behavior a person with good character chooses to do the right thing because he or she believes it is the morally right to do so

what builds character thin difference

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character builds over time character is additive we cannot waste our youth pursuing things that neuter or subtract from our character equally true we cannot spend our older years tearing down the character we built in both cases we are wasting time and most importantly damaging relationships

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