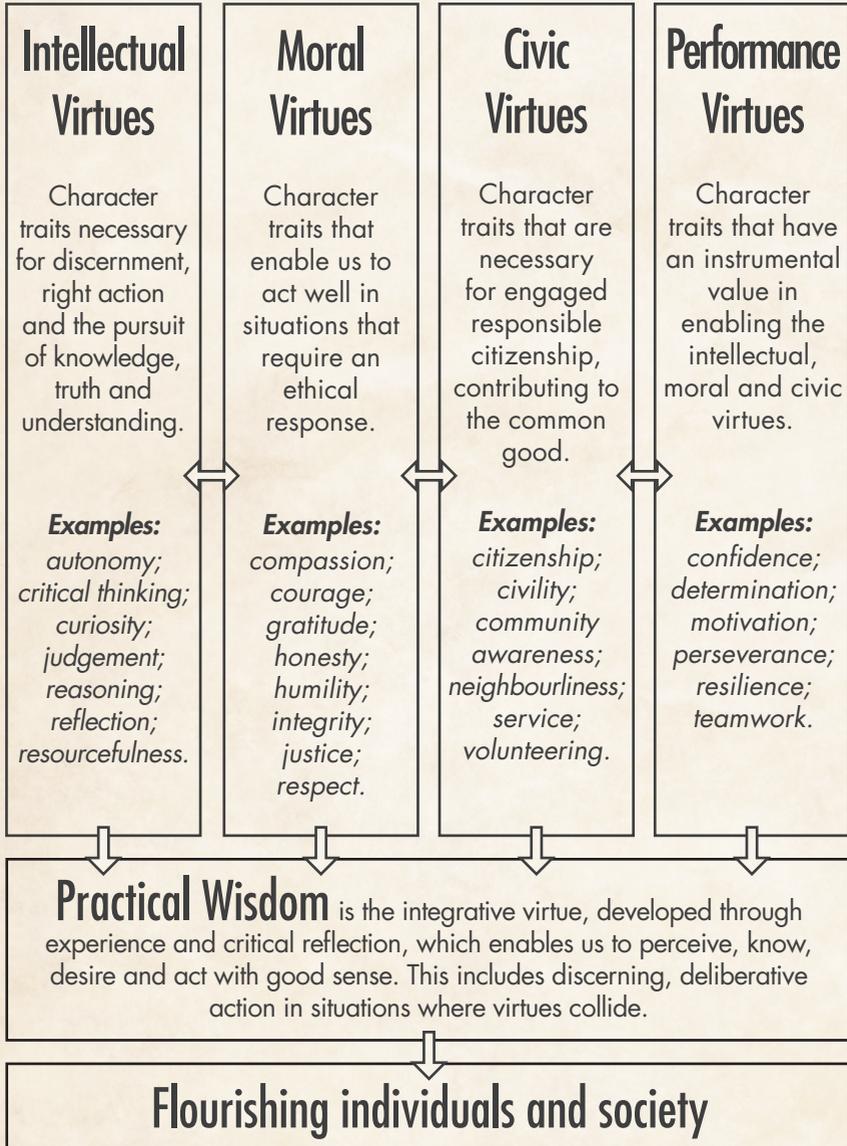


*My Character
Journal*



Components of Virtue

<p>Virtue Perception Noticing situations involving or standing in need of the virtues</p>
<p>Virtue Knowledge and Understanding Understanding the meaning of the virtue term and why the virtue is important, individually and as part of a well-rounded, flourishing life of overall virtue, and being able to apply the virtue to episodes of one's own and others' lives</p>
<p>Virtue Emotion Feeling the right virtue-relevant emotion in the right situation in the right way</p>
<p>Virtue Identity Understanding oneself as strongly committed to the virtues</p>
<p>Virtue Motivation Having a strong desire to act on the virtues</p>
<p>Virtue Reasoning Discernment and deliberative action about virtues, including in situations where virtues conflict or collide</p>
<p>Virtue Action and Practice Doing the right thing in the right way</p>

More information can be found in the Jubilee Centre's *A Framework for Character Education in Schools* at:
www.jubileecentre.ac.uk/1606/character-education/publications

My Character Journal

Instructions

- ⊗ The purpose of this Character Journal is to aid you in reflecting on your own character and the character virtues which are most influential throughout your teaching placement.
- ⊗ You should reflect on your own character and virtues and not that of the school or pupils you teach. You are reminded not to include names or personal details of the school, children or adults within the journal.
- ⊗ It is recommended that you spend time at the end of each day to read through the character virtues present in this journal (use the glossary at the back) and decide which character virtues were most important in your experience of that day.
- ⊗ Pick the three virtues which were most important to you and your practice and tick the relevant boxes.
- ⊗ It does not matter if one or more virtues are regularly repeated.
- ⊗ Give honest appraisals of each day and week.
- ⊗ At the end of each week allow yourself time to fill in the Weekly Reflection section. Write as little or as much as you feel comfortable.

Details

Name

Reflect on your day and tick the three character virtues which have been most important to you throughout the day.

- ☉ Use the glossary, at the back of the journal, to help you understand each virtue.

Week One, Day One

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Week One, Day Two

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

My Character Journal

Week One, Day Three

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Week One, Day Four

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Week One, Day Five

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Weekly Reflection One

Virtues I've developed this week:

Virtues I have chosen to focus on next week:

Reflect on your day and tick the three character virtues which have been most important to you throughout the day.

- ☉ Use the glossary, at the back of the journal, to help you understand each virtue.

Week Two, Day One

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Week Two, Day Two

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

My Character Journal

Week Two, Day Three

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Week Two, Day Four

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Week Two, Day Five

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Weekly Reflection Two

Virtues I've developed this week:

Virtues I have chosen to focus on next week:

Reflect on your day and tick the three character virtues which have been most important to you throughout the day.

- ☉ Use the glossary, at the back of the journal, to help you understand each virtue.

Week Three, Day One

Autonomy		Critical Thinking		Integrity		Reflection	
Citizenship		Curiosity		Judgement & Reasoning		Resilience	
Civility		Determination		Justice		Resourcefulness	
Community Awareness		Gratitude		Motivation		Service	
Compassion		Honesty		Neighbourliness		Teamwork	
Confidence		Humility		Perseverance		Volunteering	

Week Three, Day Two

Autonomy		Critical Thinking		Integrity		Reflection	
Citizenship		Curiosity		Judgement & Reasoning		Resilience	
Civility		Determination		Justice		Resourcefulness	
Community Awareness		Gratitude		Motivation		Service	
Compassion		Honesty		Neighbourliness		Teamwork	
Confidence		Humility		Perseverance		Volunteering	

My Character Journal

Week Three, Day Three

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Week Three, Day Four

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Week Three, Day Five

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Weekly Reflection Three

Virtues I've developed this week:

Virtues I have chosen to focus on next week:

Reflect on your day and tick the three character virtues which have been most important to you throughout the day.

- ☉ Use the glossary, at the back of the journal, to help you understand each virtue.

Week Four, Day One

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Week Four, Day Two

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

My Character Journal

Week Four, Day Three

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Week Four, Day Four

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Week Four, Day Five

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Weekly Reflection Four

Virtues I've developed this week:

Virtues I have chosen to focus on next week:

Reflect on your day and tick the three character virtues which have been most important to you throughout the day.

- ☉ Use the glossary, at the back of the journal, to help you understand each virtue.

Week Five, Day One

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Week Five, Day Two

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

My Character Journal

Week Five, Day Three

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Week Five, Day Four

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Week Five, Day Five

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Weekly Reflection Five

Virtues I've developed this week:

Virtues I have chosen to focus on next week:

Reflect on your day and tick the three character virtues which have been most important to you throughout the day.

- ☼ Use the glossary, at the back of the journal, to help you understand each virtue.

Week Six, Day One

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Week Six, Day Two

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

My Character Journal

Week Six, Day Three

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Week Six, Day Four

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Week Six, Day Five

Autonomy	Critical Thinking	Integrity	Reflection	
Citizenship	Curiosity	Judgement & Reasoning	Resilience	
Civility	Determination	Justice	Resourcefulness	
Community Awareness	Gratitude	Motivation	Service	
Compassion	Honesty	Neighbourliness	Teamwork	
Confidence	Humility	Perseverance	Volunteering	

Weekly Reflection Six

Virtues I've developed this week:

Virtues I have chosen to focus on next week:

Glossary

Autonomy is the ability to be independent in one's thinking and action.

Citizenship is active engagement in projects that benefit the community or contribute to the common good.

Civility is being polite and courteous in behaviour and speech.

Community Awareness is to actively and meaningfully learn from and share information with different parts of the community.

Compassion is to exhibit care and concern for others in need.

Confidence is being certain in your own abilities, the abilities of others, or that a certain course of action is best.

Critical Thinking is the ability to think reflectively and come to independent conclusions.

Curiosity is eagerness to know or learn something new.

Determination is the ability to keep going even when things are really tough.

Gratitude is to feel or to show appreciation for something that has been done for you.

Honesty is to be true to yourself and other people.

Humility is the ability to be modest and respectful and to not over estimate your own importance.

Integrity is the quality of having and following strong moral principles.

Judgement and Reasoning is the ability to make decisions after careful consideration.

Justice is to have an understanding of what it is to uphold what is right.

Motivation is having a strong reason and drive to act or accomplish something.

Neighbourliness is a disposition to be friendly and helpful to others.

Perseverance is the steady persistence in a course of action especially in spite of difficulties.

Reflection is the ability to ponder alternative possibilities and not jump to conclusions.

Resilience is bouncing back from adversity despite obstacles in your path.

Resourcefulness is the ability to find quick and clever ways to overcome difficulties.

Service is working hard for a person, organisation or country. It is helping other people.

Teamwork is the ability to work with others effectively and efficiently.

Volunteering is giving your time to help someone else.

