



Teen
**CHARACTER
JOURNAL**

32 Thought-Provoking Journal Pages
that Reinforce Positive Character



Welcome to your very own Character Journal!

This journal is all about helping you discover, understand, and develop the qualities that make you uniquely you. Inside, you'll find 32 important character traits — things like kindness, safety, patience, and honesty — that will help shape who you are and who you want to become.

For each trait, there are 5 thought-provoking questions designed to get you thinking deeply about what these traits mean to you. By reflecting on your answers, you'll not only learn about your strengths but also discover ways to grow and improve.

Remember, character is built over time, and it's never too early to start strengthening the traits that will help you succeed in life and build positive relationships. So, take your time, be honest with yourself, and most importantly, enjoy the journey of becoming the best version of you!

-Chris

Table of Contents

- 1. Patience**
- 2. Responsibility**
- 3. Respect**
- 4. Attitude**
- 5. Choices**
- 6. Trustworthiness**
- 7. Honesty**
- 8. Emotional Management**
- 9. Moderation**
- 10. Skepticism**
- 11. Friendship**
- 12. Punctuality**
- 13. Perseverance**
- 14. Integrity**
- 15. Peer Pressure**
- 16. Humility**
- 17. Kindness**
- 18. Flexibility**
- 19. Forgiveness**
- 20. Tolerance**
- 21. Fairness**
- 22. Purpose**
- 23. Wisdom**
- 24. Accountability**
- 25. Helpfulness**
- 26. Maturity**
- 27. Safety**
- 28. Self-Respect**
- 29. Personal Boundaries**
- 30. Courage**
- 31. Assertiveness**
- 32. Excellence**

Patience

1. Can you think of a recent situation where you had to wait for something or someone? How did it make you feel, and how did you handle it?
2. When you're feeling impatient, what is usually going through your mind? Are there ways you can challenge those thoughts to feel more at ease?
3. How do you think practicing patience might help you in your relationships with friends, family, or others around you?
4. Have you ever experienced a time when waiting for something turned out to be worth it? How did the result make you feel?
5. What are some strategies you can use to stay calm and patient when you're faced with long waits or delayed outcomes?

Responsibility

1. What does “being responsible” mean to you? Can you think of a recent situation where you took responsibility for something, and how did it make you feel?
2. How do you balance your responsibilities with things you enjoy doing, like hobbies or spending time with friends? Do you find it challenging?
3. Think about a time when you made a mistake or didn't follow through on a responsibility. How did you handle the situation, and what did you learn from it?
4. What are some areas in your life where you feel like you could be more responsible? What small steps could you take to improve in those areas?
5. How do you think being responsible can help you in your future, whether it's in school, work, or relationships?

Respect

1. What does respect mean to you, and how do you show it to others in your daily life?
2. Think about a time when you felt disrespected. How did it make you feel, and how did you handle the situation?
3. How do you show respect to yourself, and why is it important to practice self-respect?
4. Do you think respect is earned or given freely? Why do you feel that way, and how does this affect the way you interact with others?
5. How can you promote respect in your friendships or school community? What are some small actions you can take to make a positive difference?

Attitude

1. How do you typically respond when things don't go the way you want them to? What can you do to change that response for the better?
2. Think about a time when you had a negative attitude towards someone or something. What was the cause, and how could you approach the situation differently now?
3. How do you feel when you're around people who have a positive attitude? Do you think your attitude affects the people around you? Why or why not?
4. When you're feeling frustrated or upset, what helps you shift your mindset? How can you remind yourself to stay positive in challenging situations?
5. In what ways do you think having a positive or negative attitude impacts your goals or personal growth? What steps can you take to improve your attitude this week?

Choices

1. Think about a recent decision you made that you're proud of. What was the situation, and what made you choose that particular action?
2. How do you decide whether something is a positive or negative choice in the moment? Are there any specific values or rules you follow to guide your decisions?
3. Reflect on a time when making a positive choice led to a good outcome. How did it make you feel, and how did it impact the people around you?
4. When you're faced with a tough choice, what are some ways you can slow down and think it through before making a decision?
5. Is there a habit or behavior you want to change to make more positive choices in your life? What small steps can you take to start making those changes today?

Trustworthiness

1. What qualities do you look for in a person to determine if you can trust them? Why are these important to you?
2. Have you ever had to rebuild trust with someone? What steps did you take, and how did it make you feel?
3. How do you decide whether to trust someone with personal information? What factors do you consider before opening up to them?
4. Can someone still be trustworthy if they make a mistake? Why or why not? How can people regain trust after making an error?
5. Have you ever been in a situation where your trust was broken? How did you handle it, and what did you learn from that experience?

Honesty

1. What does honesty mean to you, and why do you think it's important in your relationships with others?
2. Can you think of a time when being honest was difficult? What made it challenging, and how did you handle the situation?
3. How do you feel when someone is dishonest with you? How does it impact your trust in them?
4. Are there any situations where you might feel tempted to lie or hide the truth? Why do you think that is, and how can you approach those moments differently?
5. How do you balance being honest with being kind? Are there times when honesty could potentially hurt someone's feelings, and how do you navigate that?

Emotional Management

1. What emotions have you felt most strongly this week, and what triggered them? How did you respond?
2. Think about a time recently when you felt overwhelmed by your emotions. What helped you calm down, or what could you have done differently to manage that situation better?
3. When you're feeling upset or anxious, what are some healthy ways you can express or release those emotions?
4. What are some things that help you feel grounded or centered when your emotions are running high?
5. How do you think your emotions impact your relationships with friends, family, or classmates? What's one thing you can do to improve emotional communication with others?

Moderation

1. What are some areas in your life where you feel like you struggle with moderation? (e.g., screen time, eating, socializing) How do you feel when things are out of balance?
2. Think about a time when you practiced moderation successfully. What did you do differently, and how did it make you feel afterward?
3. How do you decide when it's okay to indulge in something, and when is it better to hold back? What factors influence your choices?
4. How do you think practicing moderation could improve your overall well-being, both physically and mentally?
5. What are some strategies or habits you could start using to maintain a more balanced lifestyle? How can you make those a regular part of your routine?

Skepticism

1. Think of a time when you questioned something you were told, either by an adult, a friend, or the media. What made you skeptical, and how did you go about finding the truth?
2. How do you decide whether or not to trust information you come across online, especially when it's from sources you don't know well?
3. Do you think skepticism is a helpful skill or can it sometimes lead to unnecessary doubt? Why or why not?
4. How do you feel when someone challenges your beliefs or opinions? Does it make you more open-minded, or does it make you feel defensive?
5. In your opinion, when is it important to be skeptical, and when might it be better to trust the information or people around you?

Friendship

1. Think about your closest friends—what qualities do they have that make you feel supported and understood? How do you show them that you appreciate their friendship?
2. Have you ever had a friendship that changed or ended? How did it make you feel, and what did you learn from that experience?
3. How do you handle conflicts with friends? Do you think it's easier to resolve issues with certain people over others? Why?
4. In what ways do you think your friendships influence who you are as a person? Do your friends push you to be better or help you stay true to yourself?
5. What are your expectations of a good friendship? How do you communicate those expectations to your friends, and are they always met?

Punctuality

1. How do you feel when you're running late for something important? What impact does being late have on your day or mood?
2. Think about a time when you were on time for an event or meeting. What factors helped you be punctual, and how did it affect your experience?
3. Do you believe that being punctual shows respect for others? Why or why not?
4. Are there any challenges or habits that make it difficult for you to be on time? How do you think you could overcome them?
5. How do you think being more punctual could positively impact your schoolwork, relationships, or extracurricular activities?

Perseverance

1. Think about a time when you faced a difficult challenge. What kept you going, even when things felt tough? How did you feel once you overcame it?
2. When you're struggling with something, do you tend to give up quickly or keep trying? What factors make a difference in your ability to stick with it?
3. Can you think of someone who inspires you because of their perseverance? What do they do that motivates you to keep pushing through tough moments?
4. How do you handle failure or setbacks? What do you tell yourself in those moments to stay motivated?
5. What is one goal you've been working toward for a while? What small steps could you take today to keep moving forward, even if progress feels slow?

Integrity

1. What does integrity mean to you, and how do you know when you're acting with integrity in your daily life?
2. Can you think of a time when you had to make a difficult decision between doing what was right and what was easier? How did you handle it?
3. How do you feel when you see others acting with integrity? Does it inspire you to act the same way, or does it sometimes make you question your own actions?
4. Have you ever been in a situation where someone challenged your honesty or values? How did you respond, and what did you learn from that experience?
5. How do you balance staying true to your values while also wanting to fit in or avoid conflict with your friends or peers?

Peer Pressure

1. Think about a time when you felt pressure from friends to do something you weren't comfortable with. How did you handle the situation, and what would you do differently now, if anything?
2. Do you ever feel like you need to act a certain way to fit in with your friends? What are some things you've done or said just to feel accepted, and how do you feel about that?
3. How do you define "true friends"? Do you believe real friends support you even if your choices are different from theirs? Why or why not?
4. When you feel pressured by your peers, what are some strategies or thoughts that help you stay true to yourself and make decisions you're proud of?
5. Have you ever noticed someone else being influenced by peer pressure? How did you react? What do you think you could do to support them in standing up for themselves?

Humility

1. What does humility mean to you, and how do you think it looks in everyday life?
2. Can you think of a time when you showed humility, even if it was difficult? How did it make you feel afterward?
3. How do you react when someone else is recognized for something you worked hard on or are proud of? Why do you think you feel that way?
4. What is one area of your life where you think you could practice more humility? What might that look like in action?
5. How do you balance being confident in your abilities while also staying humble? Are there any examples where you've struggled with this balance?

Kindness

1. Can you recall a recent time when someone showed you kindness? How did it make you feel, and what impact did it have on your day?
2. What are some small, everyday acts of kindness you can offer to others that might brighten their day?
3. How do you think showing kindness to others can affect your relationships with friends, family, and even strangers?
4. Is there ever a time when it's hard to be kind to others? What challenges or feelings might make it difficult, and how can you overcome them?
5. How do you practice self-kindness? What are some ways you can be kinder to yourself, especially when you're feeling stressed or down?

Flexibility

1. In what situations do you find it hardest to be flexible? What emotions or thoughts come up when things don't go as planned?
2. Think about a time when being flexible helped you solve a problem or find a better outcome. How did it change your perspective?
3. How do you feel when you have to adjust your expectations or plans for something? Do you usually embrace it or resist it? Why?
4. When you're faced with unexpected changes, what strategies or mindset shifts help you stay calm and adaptable?
5. How do you think practicing flexibility could help you in your relationships, school, or personal goals? Are there areas where you'd like to be more flexible?

Forgiveness

1. What does forgiveness mean to you, and why do you think it can be hard to forgive someone who has hurt you?
2. Think about a time when you forgave someone. How did it make you feel afterward, and did it change your relationship with that person?
3. Is there anyone in your life right now that you're struggling to forgive? What emotions come up when you think about them?
4. Do you think it's more important to forgive others for your own peace of mind or for their sake? Why?
5. Have you ever been forgiven by someone? How did it feel, and did it affect how you view forgiveness in general?

Tolerance

1. Think about a time when you interacted with someone who had very different beliefs or opinions from your own. How did you respond to their perspective? What did you learn from that experience about tolerance?
2. What are some things you find difficult to tolerate in others? Why do you think those things bother you, and how could you work on being more open-minded?
3. How can you show respect and understanding toward people from different cultural, racial, or religious backgrounds? What are some small actions you can take to promote tolerance in your daily life?
4. Reflect on a situation where you may have judged someone based on a stereotype. What was the situation, and how did you realize that this judgment wasn't fair? How can you avoid making assumptions in the future?
5. Tolerance doesn't mean we always agree with others, but it does involve accepting them for who they are. How can you practice accepting differences without compromising your values?

Fairness

1. What does fairness mean to you? Can you think of a time when you felt something was unfair? How did you handle it?
2. Do you think fairness always means treating everyone exactly the same, or can it sometimes mean treating people differently based on their needs? Why?
3. Have you ever been in a situation where you had to choose between what was fair and what was easiest for you? What did you decide, and how did it make you feel?
4. How do you respond when you see someone being treated unfairly? Do you speak up, or do you stay quiet? Why?
5. Can fairness be different in different cultures or communities? What are some examples where fairness might look different depending on where you are or who you're with?

Purpose

1. What activities or experiences make you feel most alive or excited? How do they connect to your sense of purpose or what you want to contribute to the world?
2. When you think about your future, what kind of person do you hope to become, and what kind of impact do you want to have on the people around you?
3. Reflecting on the challenges you've faced, what strengths have you discovered about yourself? How might these strengths help you fulfill your purpose in life?
4. Who do you look up to, and why? What aspects of their life or character inspire you, and how can you apply those lessons to your own journey?
5. If you could make one change in the world, no matter how big or small, what would it be? Why is this important to you, and how might it connect to your life's purpose?

Wisdom

1. What does wisdom mean to you, and how do you think it differs from just being smart or knowledgeable?
2. Can you recall a time when you made a decision that you later realized was wise? What did you learn from that experience?
3. Who in your life do you consider wise, and what qualities or actions do they exhibit that make you view them that way?
4. How do you decide who to trust for advice, and how do you know when to take someone's advice seriously?
5. In what areas of your life do you feel you need more wisdom, and how could you actively seek to gain more understanding or insight in those areas?

Accountability

1. What does accountability mean to you, and why do you think it's important in your life?
2. Can you think of a recent situation where you took responsibility for something you did (or didn't do)? How did it make you feel afterward?
3. When you make a mistake, how do you usually respond? Do you find it hard to own up to your actions? Why or why not?
4. How do you think being accountable affects your relationships with friends, family, and others?
5. What are some steps you can take to become more accountable in your daily life? How do you plan to hold yourself to those standards?

Helpfulness

1. Can you think of a time when you helped someone recently? How did it make you feel, and how do you think it affected the person you helped?
2. What are some small acts of kindness or helpfulness you can do for others that might make a big difference in their day?
3. When you're feeling stressed or overwhelmed, do you find it harder to help others? What do you think is the connection between your own mood and your ability to help?
4. How do you decide when to offer help to someone, and when it might be better to give them space or let them handle things on their own?
5. Is there someone in your life who often helps you? What qualities do they have that make them helpful, and how could you use those qualities to be more helpful to others?

Maturity

1. What does maturity mean to you, and how do you think it shows in your actions or decisions?
2. Think about a time when you handled a challenging situation in a mature way. What did you learn from that experience?
3. How do you balance your emotions with logic when making important decisions, and why is this important for your growth?
4. Do you believe that maturity is something that happens naturally, or do you think it's something you have to work on? Why?
5. How do you handle situations where your values or beliefs are different from those around you, and how does this reflect your maturity?

Safety

1. When you think about safety, what are the first things that come to mind? Are there certain situations where you feel more or less safe?
2. How do you make decisions to keep yourself safe in different environments, such as at school, online, or in social settings?
3. Can you recall a time when you felt unsafe or in danger? How did you handle the situation, and what would you do differently now?
4. How do you think your friends or peers influence your safety choices? Have you ever found yourself in a risky situation because of peer pressure?
5. What are some steps you can take to be more proactive about your own safety, both physically and emotionally, in your daily life?

Self-Respect

1. What are some ways you show respect for yourself on a daily basis? How do these actions make you feel about yourself?
2. How do you handle situations where someone treats you in a way that doesn't reflect your self-worth? What could you do differently next time to stand up for yourself?
3. When was the last time you felt proud of yourself for making a decision that was in your best interest? What did you learn from that experience?
4. How do you balance respecting your own boundaries while also considering the feelings or needs of others?
5. In what areas of your life (school, friendships, family, etc.) do you find it hardest to maintain self-respect? What steps can you take to improve this?

Personal Boundaries

1. What does having personal boundaries mean to you, and why do you think they are important in your relationships with others?
2. Can you think of a time when you felt your boundaries were respected? How did that make you feel?
3. When was a time you felt uncomfortable or disrespected because someone crossed your boundaries? How did you handle that situation?
4. How do you communicate your boundaries to friends, family, or others in your life? What challenges do you face when setting those limits?
5. In what areas of your life (school, friendships, family, social media) do you find it hardest to set or maintain boundaries? What could you do to improve in these areas?

Courage

1. What does courage look like to you? Can you think of a time when you felt really brave, even if you didn't realize it at the time?
2. How do you handle fear when you're facing something new or challenging? Do you usually push through, or do you take a step back? Why?
3. Has there ever been a moment when you wished you had shown more courage, but didn't? How would you act differently now if given the chance?
4. What are some small acts of courage you could practice in your daily life? (For example: speaking up in class, trying something new, or standing up for someone.)
5. Who in your life do you see as a model of courage? What qualities do they have that inspire you, and how can you adopt some of those traits in your own life?

Assertiveness

1. Think about a recent situation where you felt either too passive or too aggressive. How could you have handled it more assertively? What would that have looked like?
2. What are some situations where you feel it's hard to speak up for yourself? Why do you think that is, and what can you do to feel more confident in those moments?
3. How do you define assertiveness, and why do you think it's important to practice in your daily life?
4. When you express your thoughts or feelings assertively, how do people usually respond? How does that impact your relationship with them?
5. What are some personal boundaries you need to set for yourself, and how can you assertively communicate them to others without feeling guilty?

Excellence

1. What does the word "excellence" mean to you, and how do you define it in your life?
2. Can you think of a time when you went above and beyond to achieve something? What motivated you to give your best effort?
3. How do you handle challenges or setbacks when you're working towards excellence? What strategies help you stay focused and keep improving?
4. In what areas of your life (school, sports, relationships, etc.) do you feel you can strive for more excellence? What specific actions can you take to improve in these areas?
5. How do you balance pursuing excellence with taking care of your mental and physical well-being? How do you avoid burnout or stress while still aiming for your best?



Teen
**CHARACTER
JOURNAL**