



## Exercising Your Character Every Day

At Exercising Your Character you learned a lot about the importance of health, fitness, nutrition, and exercise. You also learned how important it is to exercise good character each day.

One way to exercise your character is to reflect on times when you showed good character, and think about ways you can exercise even better character. Answer the questions below to reflect on your character.

**Six Pillars of Character:**<sup>®</sup> Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship

Write about a time when you saw a good example of one of the Six Pillars of Character at the Exercising Your Character event.

Give an example of a time when you have demonstrated one of the Six Pillars of Character in your classroom.

What would be a good way to show one of the Six Pillars of Character at home?

Think of a time when you did not show good character at home or at school. What could you do to show better character next time you are in that situation?



The Robert D. and  
Billie Ray Center

