**Record of Character Exercises**

**Weekly Record**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Due Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions:** Write in what exercise you will do daily to develop mindfulness and train your body, heart, and mind in responding to life. Monitor your progress daily in the boxes under each day by writing in a number between 1 and 5; where 5 means “excellent,” 3 means “okay,” and 1 means “poor” or not at all.

Accountability Partners:

Begin the report on Saturday of each week of the term. This report is due by midnight on every Saturday during the term.

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise 1** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** |
| (Write in character exercise) |  |  |  |  |  |  |  |
| **Exercise 2** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** |
| (Write in character exercise) |  |  |  |  |  |  |  |

Questions to ask each night and then write down a brief response to each question before turning the report in on Saturday.

1. What did I learn about myself from doing these exercises?
2. What did I learn about my relationships with others from doing these exercises?
3. How will I improve and do better in the future (tomorrow or next week)?
4. What are three positive things that happened today/this week because of these exercises?