

## **Adaptable**

I can accept sudden change with a positive attitude

© 2016 www.cdschool.co.za

## **Trustworthy**

I don't let people down. You can count on me to keep my promises

© 2016 www.cdschool.co.za

## **Hospitable**

I make visitors and new learners feel at home. I have an open heart

© 2016 www.cdschool.co.za

## **Self-controlled**

I wait my turn patiently, I control my emotions and I think before I do

© 2016 www.cdschool.co.za

## **Grateful**

I know I am blessed and I thank God and the people who bless me

© 2016 www.cdschool.co.za

## **Cheerful**

I choose to see the fun in life and I enjoy making other people laugh

© 2016 www.cdschool.co.za

## **Content**

I do not ask for more all the time. I am happy with what I have

© 2016 www.cdschool.co.za

## **Determined**

I set a goal and I work hard to achieve it even if it takes sacrifices and time

© 2016 www.cdschool.co.za

## **Supportive**

I help and motivate others to succeed, even if there is nothing in it for me

© 2016 www.cdschool.co.za

## **Protective**

I defend my friends and tell an adult when they are hurt or bullied

© 2016 www.cdschool.co.za

## **Sharing**

I easily give away a part of what is mine without expecting anything in return

© 2016 www.cdschool.co.za

## **Exemplary**

My behaviour and example inspire other learners to be better themselves

© 2016 www.cdschool.co.za


## Discreet

I don't tell stories about others out of respect for them. I know what is private

© 2016 www.cdschool.co.za

## Hopeful

I believe that everything will work out for the good. I don't lose heart

© 2016 www.cdschool.co.za

## Steadfast

I stick to what I believe in. I don't join people around me who do wrong

© 2016 www.cdschool.co.za

## Mature

I am not childish. I behave more grown up than most kids my age

© 2016 www.cdschool.co.za

## Brave

I don't let fear stop me from doing a great thing. I can say: *I did it "afraid!"*

© 2016 www.cdschool.co.za

## Tactful

I choose my words carefully so that I don't hurt people with my words

© 2016 www.cdschool.co.za

## Humble

I choose to be the least and I do not brag about my achievements

© 2016 www.cdschool.co.za

## Sensitive

I can feel when something is wrong and I notice when someone else is hurt

© 2016 www.cdschool.co.za

## Careful

I think about the consequences of my actions and I choose to be safe

© 2016 www.cdschool.co.za

## Encouraging

If someone has a bad day, I give them hope and cheer them up

© 2016 www.cdschool.co.za

## Loyal

I stick with my friends, team and teachers. I don't split on them

© 2016 www.cdschool.co.za

## Sincere

I don't fake my smile and I really care for others without pretending

© 2016 www.cdschool.co.za


## Compassionate

I want to help people who are sick, lonely, hungry or in trouble

© 2016 www.cdschool.co.za

## Pure

My thoughts, words and actions are clean. I don't like dirty secrets

© 2016 www.cdschool.co.za

## Merciful

I treat people with forgiveness and care. I say kind things about them

© 2016 www.cdschool.co.za

## Thorough

I am careful in doing all my work in a correct way and to finish well

© 2016 www.cdschool.co.za

## Willing to serve

I will help by doing the difficult, boring work no one else wants to do

© 2016 www.cdschool.co.za

## Enthusiastic

I perform tasks with joy & I make those around me want to join in as well

© 2016 www.cdschool.co.za

## Responsible

I enjoy it when I am given important tasks and I then do my very best

© 2016 www.cdschool.co.za

## Bold

I am not afraid of people or their opinion of me. I do what has to be done

© 2016 www.cdschool.co.za

## Honest

I always tell the truth even if it gets me into trouble. Truth is my friend

© 2016 www.cdschool.co.za

## Fair

I always consider both sides of a story and I won't discriminate

© 2016 www.cdschool.co.za

## Patient

I don't get irritated when I have to wait long or when others are slower than me

© 2016 www.cdschool.co.za

## Tolerant

I accept people who are different, look different & think differently

© 2016 www.cdschool.co.za


## **Prayerful**

I pray about everything – for my own difficulties and for those around me.

© 2016 www.cdschool.co.za

## **Teachable**

I make mistakes but I want to learn from them. I don't think I know it all

© 2016 www.cdschool.co.za

## **Courageous**

I look at difficulties with a positive attitude and I am willing to try

© 2016 www.cdschool.co.za

## **Submissive**

I know I can't do as I please. I can follow rules and a leader and do as I'm told

© 2016 www.cdschool.co.za

## **Nurturing**

I care for all living things and for kids around me who need help

© 2016 www.cdschool.co.za

## **Faithful**

I always do what I am supposed to do without someone checking

© 2016 www.cdschool.co.za

## **Peacemaker**

I don't like children fighting. I stop fights and help people to get along better

© 2016 www.cdschool.co.za

## **Unselfish**

I don't only think about myself and my things. I consider those around me too

© 2016 www.cdschool.co.za

## **Thoughtful**

I know what people need and help them without someone telling me to

© 2016 www.cdschool.co.za

## **Forgiving**

I forgive others their mistakes and I do not try to take revenge

© 2016 www.cdschool.co.za

## **Persevering**

I never stop trying! Even when it gets really difficult, I never give up!

© 2016 www.cdschool.co.za

## **Wise**

I can judge what is true and right and I have insight to know what is important

© 2016 www.cdschool.co.za


## **Cooperative**

I am willing to work on the ideas and plans of others as a good team player

© 2016 www.cdschool.co.za

## **Kind**

I am friendly with staff members and fellow learners. I greet and smile first

© 2016 www.cdschool.co.za

## **Positive**

I see the best in every situation. I believe in solutions, not problems

© 2016 www.cdschool.co.za

## **Loving**

I can easily show love by giving hugs, smiles, kind words, small gifts or notes

© 2016 www.cdschool.co.za

## **Creative**

I enjoy doing things in a different way and I have new and interesting ideas

© 2016 www.cdschool.co.za

## **Generous**

I give more of my time, friendliness and belongings than is asked for

© 2016 www.cdschool.co.za

## **Helpful**

I notice when people need help even before they ask. I enjoy helping

© 2016 www.cdschool.co.za

## **Joyous**

I am full of joy and I keep my joy even when things are going badly for me

© 2016 www.cdschool.co.za

## **Attentive**

I listen to what other people say. I hear their words and their emotions

© 2016 www.cdschool.co.za

## **Gentle**

I have a soft heart and I speak with a soft voice. People feel safe near me

© 2016 www.cdschool.co.za

## **Respectful**

I always speak in a polite way and give others their space and time to speak

© 2016 www.cdschool.co.za

## **Accepting**

I can accept 'NO' for an answer without back chatting or manipulating

© 2016 www.cdschool.co.za
